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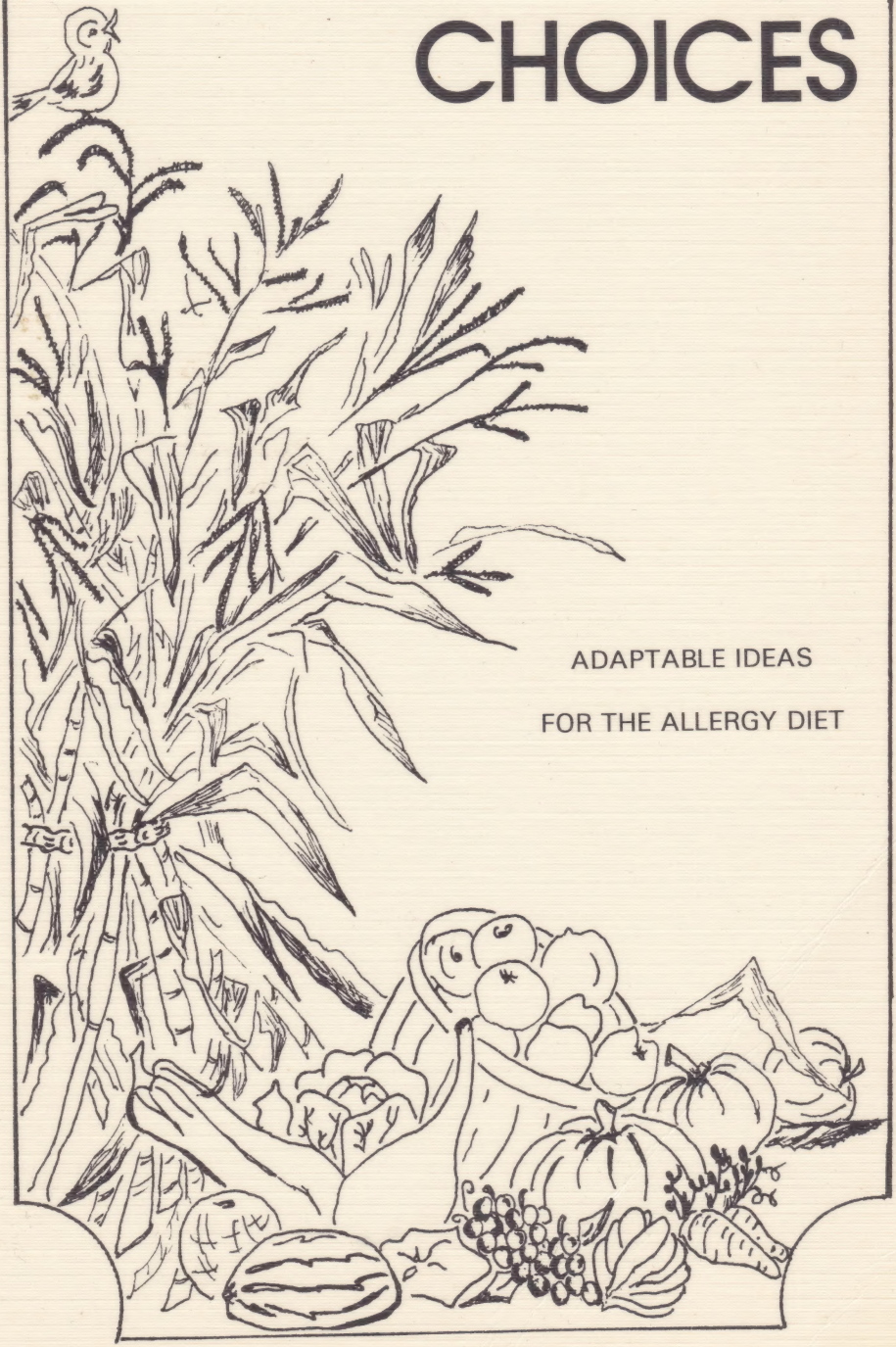

ADAPTABLE IDEAS

FOR THE ALLERGY DIET

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Creative Choices

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THIS BOOK IS DEDICATED TO ALL OF YOU
WHO HAVE HEALTH CHALLENGES.

NEW MERCIES EVERY MORNING

New strength every morning
New hope for every trial
New courage for the way
New peace of heart and spirit
New favour and new love
May God bestow these blessings
On you from heaven above.

ACKNOWLEDGEMENTS

We wish to express our thanks to all who helped to make this project possible. In particular, we would like to thank:

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TO ALL who shared recipes. Due to your overwhelming response, we were unable to print all the recipes, but want to thank you for your interest in this book.

GENERAL EQUIVALENTS

Dairy Products:
1 lb. non fat dry milk solids = 4 C
1 lb. cheese = 4 C
8 oz. cream cheese = 1 C
1 lb. butter or margarine = 2 C

Dried Beans (equal to one pound):

Kind	Dry Measure =	Measure when cooked
Kidney	1 1/2 C	6 C
Lima	2 1/3 C	6 C
Navy	2 1/3 C	6 C
Soy Beans	2 1/3 C	6 C
Split Peas	2 C	5 C
Lentils	2 1/3 C	6 C

Eggs:
8 - 10 egg whites = 1 C
7 small eggs = 1 C
6 medium eggs = 1 C
5 large eggs = 1 C

Flour and Grain (equal to one pound) measures:

Enriched white wheat	4 C sifted
Enriched white cake (pastry)	4 1/2 C sifted
Whole wheat	3 1/2 C
Rye	4 C
Soy	6 C
Cornmeal	3 C
Oatmeal	4 3/4 C

Nuts (equal to one pound) measures:

Almonds	- in shell	1 3/4 C shelled
	- shelled	3 1/2 C
Pecans	- in shell	2 1/4 C shelled
	- shelled	4 C
Peanuts	- in shell	2 1/4 C shelled
	- shelled	3 C
Walnuts	- in shell	1 2/3 C shelled
	- shelled	4 C
Coconut	- whole	2 - 3 C shredded
	- shredded	5 C

GENERAL EQUIVALENTS (CONT'D)

Rice and Pasta (one pound):	=	2 C dried - 6 C cooked
Macaroni "	=	4 C dried - 8 C cooked
Spaghetti "	=	5 C dried - 9 - 10 C cooked
Noodles "	=	6 C dried - 10 1/2 C cooked

Miscellaneous:

1 pound honey = 1 C
1 pound molasses = 1 1/3 C
1 pkg. dry yeast = 1 tbsp.
1 envelope unflavoured gelatin = 1 tbsp. (this is enough to gel 2 cups of liquid)
Juice of one lemon = 2 - 3 tbsp.
Grated rind of one lemon = 1 1/2 - 3 tsp.
Juice of one orange = 1/3 - 1/2 C
Grated rind of one orange = 1 - 2 tbsp.
Bananas (one pound) = 3 - 4 bananas = 2 C mashed
Pitted dates (one pound) = 2 1/2 C
Seedless raisins (one pound) = 2 3/4 C
Raw potatoes (one pound) = 2 C cooked or mashed

WEIGHTS AND MEASURES

1 tsp.	=	60 drops
3 tsp.	=	1 tbsp.
2 tbsp.	=	1 fluid oz.
4 tbsp.	=	1/4 C
5 1/3 tbsp.	=	1/3 C
8 tbsp.	=	1/2 C
16 tbsp.	=	1 C
1 pound	=	16 oz.
1 C	=	1/2 pt.
2 C	=	1 pt.
4 C	=	1 qt.
4 qt.	=	1 gallon
8 qt.	=	1 peck
4 pecks	=	1 bushel

STANDARD ABBREVIATIONS

tsp.	-	teaspoon
tbsp.	-	tablespoon
C	-	cup
pt.	-	pint
qt.	-	quart
oz.	-	ounce
lb.	-	pound
pkg.	-	package

INTRODUCTION

Dear Homemaker:

Preparing and serving meals is a common task we share. It is our responsibility to prepare nourishing and wholesome food for ourselves, our family and our guests.

The challenge of making changes because of food sensitivities or your desire for a more healthful approach to cooking, can be full of good results and new and pleasant experiences.

What you will find in this book, are recipes that have been altered to develop a new way of eating on our journey to health. Now... may it become your journey. You can take as long as you desire, knowing you are on the right road, but by all means, take it ... and enjoy it. We hope these recipes will encourage you to try this road, since the road to health is a journey that never ends.

We suggest that you read the substitute section first to acquaint yourself with the many interesting and nourishing alternate foods available.

When selecting foods, try to keep in mind that foods are processed for many reasons - non of which are nutritional. When you have a choice (and you usually do), choose the foods that are closest to what our Creator thought we should eat. We seldom (if ever) know better. Let us remember to give thanks for the natural, wholesome foods available and remember..."But whatever is good and perfect comes to us from God..." (James 1:17a)

So with our best wishes, take up the challenge, be creative and enjoy!

Recipes compiled by:
Grace Brubacher
Eva Weber
Martha Lichty
Alma Gingrich

Substitutes

THE ART OF SUBSTITUTION

The art of substitution
Is a challenge for us cooks;
To serve up tasty dishes,
Made contrary to the books.
To take a proper recipe
And change it here and there,
To suit our tastes or pocketbooks,
And still be hearty fare.
Let's rise to meet the challenge
And experiment today:
With substitutions we can manage
Meals of good array.
Nor let us be ashamed to serve
What we have tried to make
But always strive for what is good
In all we cook and bake.

MILK AND DAIRY SUBSTITUTIONS

When making nut milk, it is important to remember to soak the nuts before blending as soaked nuts are easier to digest. (Soaked nuts are also good to eat plain if you want some extra protein.) If you want nut cream reduce the amount of liquid in the recipe. Nut milk can replace an equal amount of cow's milk in baking, soups, gravies and on cereal, etc.

Nut milks can be flavoured with pineapple, apple or other fruit juices. Dates, bananas or carob powder can be added. Vegetable juices can be added when you want to use the milk for main dishes. Milk substitutes for first course dishes can be: tomato juice, vegetable juices or broths, water, goats milk, soya milk or meat broths.

To blanch raw almonds, pour boiling water onto the nuts and soak for 1 1/2 minutes. The skins should slip off easily.

To sour your milk or cream, add 1 1/2 tsp. lemon juice to 1 C nut milk or cream.

If you do not have a blender and want to make nut milk you will have to grind the nuts to a meal. When using a hand grinder, you may need to put them through twice. (Some kinds of nuts can be bought ground at the health food store.) Use the same amounts of nut meal and water as asked for in the recipe, then beat with a beater or whisk until it gets the white milky look. Always soak the nuts overnight before grinding.

ALMOND MILK #1

12 - 14 raw, soaked almonds (blanched if desired)
1 C water

Blend well. Use as is or put through a fine strainer or cheesecloth to strain the pulp. For a large amount use:

1 C almonds
8 C water

This may be stored in the fridge for short periods of time.

ALMOND MILK #2

For a rich milk or cream use:

3 oz. soaked nuts
5 oz. water

Blend.

COCONUT MILK

1 1/4 C finely ground coconut
3/4 C boiling water
Pour water over coconut in blender and let soak for 20 minutes. Blend, and strain if desired. This freezes well.

RICE MILK #1

1 C cooked brown rice
1 - 3 C water (to make the desired consistency)
Blend until smooth and use in baking, desserts etc.

RICE MILK #2

1 C cooked brown rice
1/4 C oil (scant)
1/4 tsp. almond or vanilla flavouring (optional)
1/4 tsp. salt (optional)
1 tbsp. honey (optional)
1 - 3 C water (to make desired consistency)
3 hard boiled eggs
Blend well in blender until smooth and creamy. Add more or less water as desired. Use as a base for ice cream or as a milk or cream substitute. When you have no blender, mix or beat all ingredients together. Rub through sieve or put through apple sauce ricer to make fine and smooth and then beat again.

SESAME SEED MILK #1

1/2 C sesame seeds
1 1/2 C water
Blend and use as is or strain.

SESAME SEED MILK #2

1/4 C sesame seeds
2 C water
Blend and add flavouring if desired for drinking.

SOYA MILK #1

1 1/4 C soy flour
3 3/4 C water

SOYA MILK #1 (CONT'D)

Mix in saucepan and bring to a boil, stirring constantly, as it froths very easily. Turn down heat and simmer for 20 minutes. You may flavour it with fruit juice, honey or vanilla when cool. Refrigerate unused portion.

SOYA MILK #2

4 tbsp. soy milk powder (from health food store) to every 2 C water. Whip or blend. Sweeten or flavour if desired.

SOYA CONCENTRATE AND MILK

Method A:
One lb. (2 1/4 C) soy beans soaked in 7 C water for 4 - 16 hours. Drain. Rinse beans in boiling water. Heat blender in boiling water. Put 1 1/2 C hot beans into hot blender. Add 2 C boiling water. Cover lid with a towel. Blend 2 - 3 minutes on high. For a raw concentrate, refrigerate immediately. For a cooked concentrate, cook in top of a double boiler over boiling water for 20 minutes. (No need to cook if you plan to make a milk with it.) For soy milk, add 2 more cups of cold water and blend. Put through a cloth lined strainer and squeeze out most of the liquid. Some settlings may appear in the bottom of the bowl and milk can then be drained off of the top. Cook same as with concentrate. Repeat this process until all beans are used. For a concentrated soy milk: use only 1/2 the amount of water. If desired the concentrate and the milk can be fortified with 1 tsp. lemon juice to 1/2 tsp. calcium lactate or calcium carbonate and a 50 mg B12 tablet, finely crushed. Milk can be flavoured with vanilla, salt, honey, coconut flavour, oil etc. Use concentrate in place of eggs or milk in recipes or a base for soy cheese. Soy milk is an excellent base for desserts, or whipped topping, sauces, baked goods etc.
Method B:
Run fresh water over the 2 1/2 C soaked beans. Put through a food grinder. Add 4 C fresh water to half of the bean mash, or 8 C to the full batch of mash and cook 20 minutes. Watch it very closely. It is easier to do only half the batch at a time. Put through a sieve. This can be fortified same as above.
From this method you will have a soy concentrate. For milk, add water to get the consistency you want. Strain through a cheese cloth to remove soy bean sediment.

SOY CREAM

1 C cooked, chilled concentrated soy milk
2 dates (pureed) or 1/2 tsp. honey (optional)
Pinch of salt
1/4 tsp. vanilla
1 tbsp. oil
Whip or blend well adding oil last.

SUNFLOWER SEED MILK

1 C sunflower seeds or pumpkin seeds
2 C water
Blend. Sunflower seeds are considered a good source of protein.

ZUCCHINI MILK

Peel green skin off zucchini and cut white flesh in pieces. Blend or put through and apple sauce machine or ricer. Bring to a boil and scald. Use as a thickening for soups or as a milk replacer.

INFANT FORMULA # 1

Bring 2 C of water to a boil. Add 2 large tbsp. sesame (tahini) butter, 1 tbsp. safflower or sunflower oil, 1 tbsp. unpasturized honey and 1 tbsp. low fat soy milk powder (optional). Simmer a few minutes. Cool so that you can whip, beat or blend to a milky white. This can be used as a milk substitute for any age.

INFANT FORMULA # 2

1 C raw almonds makes 8 C milk (including pulp) which equals 8 C human milk.
1 C raw almonds
7 1/4 C pure water
9 1/2 tbsp. honey (It is recommended to use pasteurized honey for infants under one year of age. You can pasteurize honey by boiling it.)
Blanch almonds by pouring some boiling water over the nuts. Let them soak 1 minute and then slip off the skins. Into a blend put:
1/2 C blanched almonds
3 3/4 C pure water
4 3/4 tbsp. honey

INFANT FORMULA # 2 (CONT'D)

Blend until milky and smooth. Repeat with the remaining nuts, water and honey. Strain thoroughly to remove as much pulp as possible for infants under 5 months. Some pulp can be left in for infants over 5 months.

Variations:
1. Sesame seeds can be used in place of almonds.
2. Vanilla may be added but then use less honey.
3. Almond milk resembles human milk more than does cows or goats milk.

FORMULA FOR INFANTS WITH ALLERGIES

Into a blender put:
26 - 30 blanched almonds
2 oz. carrots
1/2 oz. red beets
1 tsp. honey (optional)
Boil 1 tsp. anise seed in 10 oz. water for 1 minute. Strain and add to the mixture in the blender. Liquify thoroughly and strain through a cheese cloth. For infants over 5 months old, some pulp may be left in.

COCONUT CREAM

1 C water
1/4 C coconut
1/4 C nuts
3 dates
Pinch of salt
Blend until smooth. Serve as a cream substitute over cereal, fruit, or desserts. Good over baked sweet potatoes or squash.
Variation: Blend or grind a few times:
2 C water
1/4 C fresh or shredded coconut
Add:
1/4 C sifted barley flour
2 tbsp. honey
1/4 tsp. salt
Cook until thickened. Cover and simmer 10 minutes. Use in place of milk or cream.
To pasteurize raw milk, heat to 143 F and keep it there for 30 minutes. If using a higher heat you don't need to keep it there for as long, but it will not taste as good.

MOCK CREAM

1 C hot (near boiling) water
2 rounded tbsp. pure unflavoured gelatin or 2/3 tsp.agar agar
1/2 C unsalted butter
3 eggs
1 tbsp. almond or vanilla extract
Ice cubes
Pour water into blender. Slowly add gelatin, blend at low speed. Add butter, eggs and flavouring and continue to blend. As blender whirls, add ice cubes, one at a time, through the inner lid, until mixture jells. Makes 1 generous quart. This can be used as a base for egg nog or as a cereal topping. Drop frozen berries into mixture, instead of ice cubes to make instant fruit ice cream.

SOUR CREAM SUBSTITUTE

8 oz. tofu
2 C water (use less for a thicker cream)
1/2 tsp. salt
1 tbsp. lemon juice
1/4 tsp. salt
Bring water to a boil. Add salt and tofu. Return to a boil. Remove from heat and let sit for 3 minutes. Place tofu in a cheese cloth bag and squeeze all excess moisture out of tofu. Place tofu, lemon juice and salt in blender and blend smooth. This is a dairy free sour cream.
Variation: Use 1 C yogurt cheese instead of tofu.

SOUR MILK OR CREAM SUBSTITUTE

1 C milk, cream, soy milk, nut milk, water or fruit juice plus
1 1/2 - 2 tsp. lemon juice.

SOUR SOY CREAM

1 C cooked, chilled concentrated soy milk
1 - 2 tsp. lemon juice
1/4 tsp. salt
2 - 6 tbsp. oil, chilled
Blend adding lemon last to thicken.

SOY CUSTARD CREAM SAUCE

1 C uncooked soy cream
1 tsp. honey
Pinch of salt
1/2 tsp. vanilla
Heat soy cream in top of double boiler over boiling water for 20 minutes. Add rest of ingredients. If it is not thick enough, add 1 tbsp. potato stach mixed with soy milk and cook until thick. Chill and serve as a dessert or use as a dessert base.

SOY CREAM SAUCE

1 C uncooked concentrated soy milk
1/4 C vegetable juice
Mix and boil slowly until thickened. Serve as a white sauce over cooked vegetables.

HONEY CONDENSED MILK

3 C milk or nut milk
1 C honey
Boil until thick. Makes about 1 cup of condensed milk.

SWEETENED CONDENSED MILK

3 tbsp. butter
3 tbsp. honey
1 tsp. vanilla
3/4 C soy milk powder
1 C boiling water
Put all ingredients into a blender. Blend until smooth.

HOME MADE DREAM WHIP

1/2 C hot water
1 tbsp. gelatin
Mix together and add:
2 egg yolks
1/2 C vegetable oil
Put in the fridge to set. This can be make in advance. When ready to use beat 2 egg whites very stiff and add 1 tsp. vanilla and 1/3 C honey. Beat gelatin until stiff and smooth. Add to egg whites and fold in by hand. This will last for hours at room temperature.
Variation: Freeze and use as ice cream.

DAIRY FREE WHIPPED CREAM

1 C cooked, chilled concentrated soy milk (see recipe)
1/2 tsp. vanilla
Pinch of salt (optional)
1 tbsp. honey or 2 tbsp. chopped dates, figs, raisins etc.
2 - 4 tbsp. oil, chilled
Lemon juice
Blend milk, vanilla and honey in blender. Gradually add oil. Add only enough lemon juice, a few drops at a time, to thicken.
Note: Lactic acid may be used in place of lemon juice.

WHIPPED DESSERT TOPPING

1 C non fat dry milk or fortified soy milk powder
2 tbsp. oil (optional)
1 tbsp. lemon juice (optional)
1 tsp. vanilla
1 C ice water
Chill mixing bowl and beaters well (15 - 20 minutes). In chilled bowl, beat milk powder and ice water until partially stiff. Add vanilla (and 2 tbsp. maple sugar, optional) and beat until stiff. Total beating time should be about 20 minutes. Makes approx. 12 servings.
Note: If a stiffer topping is needed, beat 2 egg whites in chilled bowl until almost firm, then add water and milk powder and proceed as above. Topping may be placed in freezer to stiffen further.

DAIRY FREE YOGURT

6 oz. tofu
1 tbsp. honey
1/2 tsp. vanilla
1/4 tsp. salt
Blend in blender and serve with fresh fruit, dried fruit or jam. Use like dairy yogurt or whipped cream.
Variation: Try ricotta cheese in place of tofu.

SOY YOGURT

Heat soy milk to a boil and hold there for 30 seconds, stirring constantly. Pour into hot jars and cover. Cool to 110 F. Add 2 tbsp. yogurt or a starter. Stir briskly. Cover and incubate 2 - 6 hours at 105 F. Yogurt is done when it separates from edge of jar when tilted. For a thicker yogurt, use thicker soy milk.

YOGURT

8 C fresh milk
1/2 - 1 C yogurt starter
Heat milk to 180 F, then cool to 110 F. Add starter and stir well. Pour into two jars and set in hot tap water, approx. 120 F (or set in any warm place). After three hours or after milk is thick, refrigerate. Yogurt may be used after being refrigerated 8 hours. Yogurt is a friendly bacteria to aid the digestive tract. Use yogurt as a salad dressing or serve with fruits and/or vegetables. Try using yogurt in place of sour cream.
Variations:
1. 2 tbsp. carrot juice will help to thicken yogurt.
2. Add 1/2 tbsp. gelatin to make a firmer yogurt.
3. Put yogurt into thermos to incubate.

AGAR CHEESE #1

1/4 C agar
1 1/2 C water
3/4 C sesame seeds or cashews
1 can pimentos
1 tsp. sea salt
1 tsp. onion powder
1/2 C lemon juice
Soak agar in water for 5 minutes. Boil gently until clear. Blend next 5 ingredients in blender until smooth. Add hot agar and blend for 1/2 minute. Add lemon and mix for only a few seconds. Pour into a mould and let set. Slice and serve as cheese.

AGAR CHEESE #2

1/4 C agar
1 C water
1 C oil
1 tsp. onion powder
1 tsp. salt
1 can pimentos
3/4 C sesame seeds
1/4 C lemon juice
Soak agar in water for about 5 minutes. Then boil until clear. Blend oil, onion powder, salt, sesame seeds and pimentos in blender until smooth. Add hot agar and blend well. Add lemon juice last and mix. Pour into a pan or mould and refrigerate. Slice or cut in cubes.

CREAM CHEESE FROM GOAT'S MILK

Use partially skimmed milk to make this cheese. Skim milk by pouring fresh, cold milk into shallow bowls and set on a cool cellar flour. A thin layer of cream will come on top. Remove every 12 hours for 2 - 3 days by using the back of a dipper, lowering it until it touches the surface (cream will stick to the dipper). Lift and scrape off. Repeat several times. Set milk to thicken near stove, so milk will attain a temperature nearly as warm as your hand. If the milk takes more than 3 days to thicken, it will turn more sour, thus having a stronger tasting cheese. If you want to avoid this, stir milk gently, but thoroughly, after it has thickened slightly. Also to speed up the thickening, you can add cold milk to the warm batch which has set for 12 hours. Cold milk should not exceed 1/4 of the total amount of milk. The thicker the texture of curds before heating on the stove, the dryer the curds will be after scalding. (Goat's curds will never be as dry and mealy as that of cow's milk.) Scald until it is too hot to hold your hand in, then pour into a cheese cloth. Hang up and let whey drip for approx. 8 - 12 hours or until dry. Curds then can be stored in an air tight container in the refrigerator for a few day until you have accumulated another batch or two of curds (if desired). Have dry curds at room temperature and add 5 or 6 tsp. soda for 1/2 crock (8 C) of curds and let stand for approx. 1 1/2 hours before adding 2 tsp. dried powdered celery leaves and 2 tbsp. onion juice. Melt by setting crock or bowl into a pan of near boiling water on the stove. Stir occasionally. It is best if they melt slowly, so don't have heat too high.

CREAM CHEESE SUBSTITUTE

3 oz. tofu, drained
1/4 tsp. sea salt
Dash of pepper
1/2 tbsp. oil
1/4 tsp. lemon juice
Place in blender and blend until smooth. Use as a non-dairy cream cheese.
Note: Plain tofu is a good cream cheese substitute.

God often digs wells of joy with a spade of sorrow.

EASTER OR EGG CHEESE

1 gal. whole milk (goat or cow)
12 eggs, beaten
1 qt. sour milk or 1 pt. buttermilk
Salt to taste
Bring whole milk to a boil. Mix eggs, sour milk and salt together. Add to hot milk. Cook until curds surface to the top. Pour into a cheese bag or colander to drain.
Variation: Try it with soy or nut milk.

NUT CHEESE

1 C whole wheat flour
1 C cornmeal
1 1/2 tsp. salt
1 1/2 C warm water
3/4 C nut butter
1 qt. canned tomatoes
Bake flour and cornmeal at 350 F for 6 - 8 minutes. Mix water and nut butter. Blend all ingredients. Pour into round floured tins. One recipe fills three #2 cans. Set cans in casserole dish and bake 1 hour at 350 F with covers on, removing during the last 15 minutes to brown tops. This is delicious sliced hot or cold.
Variation: Add 1/2 C chopped olives, celery, or onion. Salt, food yeast, sage or pimento may be added for colour and flavour.

SUNFLOWER SEED CHEESE

Soak unroasted, unsalted sunflower seeds over night. Blend in blender with a little water. Put in cheese cloth bag and let drip in the fridge for 12 hours. This can be used as a base for salad dressings.

TOFU (SOY CHEESE)

Wash and soak over night:
1 C soybeans to every
3 C water
(4 times this recipe = 1 qt. soybeans)

In the morning, drain and stir beans while rinsing in a colander under running water. In a heavy stainless steel canner, bring 3 C water to a boil for every cup of previously soaked beans. Grind beans through a grain mill that has been set tight. Stir ground beans into boiling water. Stir occasionally until soy bean milk boils. Simmer at a low boil for 20 minutes, stirring constantly. Have prepared a thin cloth over a colander set over a pail. Pour milk into this. Twist soy bean pulp tight and press out as much as possible. Then add 2 C boiling water over pulp, stirring, and then press out as much liquid as possible. Reserve pulp. Heat soy milk to 185 F. Place on low heat. Add 1/4 C vinegar or lemon juice to 1 C warm water. Add to milk, stirring gently while adding 1/4 C at a time. Let stand 5 minutes, covered. If the whey and curds are not divided, (whey should be clear) poke into mixture and add more vinegar and water (1 tbsp. to 1/4 C water). If divided, pour slowly into cheese press with a dampened bag or dampened cheese cloth in place to drain. Press 20 minutes to 2 hours. Take out of press. Soak in cold water in a cold place until cold. Cut into squares and cover with cold water. Keep in a cold place and change water daily. This will keep for a week. If you want milk, just cool immediately instead of heating again to thicken. The quicker it is cooled, the milder the flavour.

SOYBEAN INFORMATION

Soybeans are rich in protein. They compare:
1 1/2 times as much protein as cheese, peas or navy beans
2 times as much protein as meat, fish or lima beans
3 times as much protein as eggs or whole wheat flour
11 times as much protein as milk
2 lbs of low fat soy flour are equal in protein content to:
5 lbs. of boneless meat
6 doz. eggs
15 qts. of milk
4 lbs. of cheese
Soybeans contain vitamins and minerals rich in calcium, phosphorus, iron, B vitamins, lecithin and potassium. Dry soybeans have no vitamin C. Soybean oil has vitamins A, D, E, F and K.

YOGURT CREAM CHEESE

1 C moist yogurt cheese
2 tbsp. oil
1/8 tsp. salt
1/4 tsp. honey
1/2 tsp. soy sauce
Blend

YOGURT CHEESE

Put yogurt into cheese cloth bag and let drip off in the refrigerator. Use yogurt cheese as you would cream cheese. It can also be used as a base for a salad dressing.

EGG SUBSTITUTES

1. Add 1 C ground flax or psyllium seed to 3 C water. Bring to a boil, stirring constantly. Boil 3 minutes and cool. 1 tbsp. equals 1 egg. Or 1 tbsp. psyllium husk soaked in 3 tbsp. water for 1 egg.
2. 1 tbsp. liquid lecithin equals 2 eggs.
3. 1 tsp. baking powder equals 1 egg.
4. Take 1 C dried apricots and cover with boiling water. Soak until soft and puree in blender. Refrigerate. 2 - 4 tbsp. equals 1 egg.
5. 2 tbsp. water plus 2 tsp. baking powder equals 1 egg.
6. 2 tbsp. water, 1/2 tbsp. oil 1/2 tsp. baking powder and 2 tbsp. flour equals 1 egg.
7. 3 tbsp. fruit puree equals 1 egg (this is a good binder in cookies.)
8. For an egg yolk replacer use 1/2 tsp. baking powder and 2 tbsp. flour for 1 egg yolk.
9. For and egg white replacer use 1 tsp. gelatin 3 tbsp. cold water and 7 tsp. boiling water to replace 1 egg white. For 2 egg whites use 2 tsp. gelatin, 1/3 C cold water 1/2 C boiling water. Sprinkle gelatine over cold water. Mix. Add boiling water. Stir until dissolved. Chill in freezer to thicken when preparing recipe requiring eggs. Beat until frothy (very important). Add to batter in place of eggs.
10. Duck, goose or turkey egg could be tried by someone who has a sensitivity to chicken eggs.

MERINGUE

5 tbsp. ground flax seed
5 C cold water
Soak together for 1 hour. Simmer for 20 minutes, strain and refrigerate. Beat like you would egg whites.

THICKENERS

Arrowroot flour and potato starch can be used to replace cornstarch. (1 tbsp. per cup of liquid.) Cook only until clear. In soups, bean or pea flours can be used. Tapioca can be used to thicken fruit and pie filling. Mashed or blended squash or potato works to thicken sauces or soups.

Basic White Sauce:

	Thin	Medium	Thick
Marg. or oil	1 tbsp.	2 tbsp.	4 tbsp.
Flour	1 tbsp.	2 tbsp.	4 tbsp.
Salt	1/4 tsp.	1/4 tsp.	1/4 tsp.
Liquid	1 C	1 C	1 C

Many seasonings and flours can be used with this chart.

SHORTENING OR LARD SUBSTITUTES

To replace shortening or lard in a recipe, use an equal amount of butter, soya margarine or nut butter. When a recipe asks for 1 C lard, use 2/3 C sunflower, soy safflower or olive oil etc.

GELATIN SUBSTITUTE

Use 1/2 tsp. agar agar to thicken 1 C liquid. Cool slightly before adding all the rest of the ingredients rather than to let partially set. Agar sets much faster than gelatine and will become thin if disturbed once it starts to set.

CHOCOLATE SUBSTITUTE

Carob powder may be substituted for cocoa. 3 tbsp. carob and 2 tbsp. water is equal to one square chocolate. You can use carob chips in place of chocolate chips.

FLOUR SUBSTITUTES

In all recipes in this book, it is very important to use a wire whisk to stir the flour especially well before you measure it. This is for all flours that have been stored for a while or bought at a store. Freshly milled flours do not need to be stirred. Replace 1 C white flour or whole wheat flour with:

1 C spelt flour
5/8 C potato flour
1 C rye flour (scant)
3/4 - 7/8 C rice flour
1 C fine cornmeal
7/8 C whole wheat, stone ground all purpose flour
1 C barley flour
7/8 C oat flour
3/4 C soy flour or other bean flour or chick pea flour
3/4 C buckwheat flour
1/2 C arrowroot or 1/2 C tapioca flour and 1/2 C oat or barley flour
1 1/2 C ground rolled oats
1/3 C potato flour and 2/3 C rye flour
1/2 C potato flour and 1/2 C soy flour
5/8 C rice flour and 1/3 C rye flour
1 C soy flour and 1/4 C potato flour
7/8 C whole wheat and 1/8 C sunflower seed meal
3/4 C cornstarch or 7/8 C corn flour
1/2 C rye flour and 1/2 C oat flour
3/4 C millet flour
1/4 C tapioca flour and 3/4 C chickpea flour (for muffins and cookies)
1 C kamut flour
1 C amaranth flour

You can mix and match practically any of the above to suit your taste. The gluten content of flour is what makes bread and baked goods rise. The less gluten in the flour, the less it rises. Gluten is the part of flour hardest to digest. The highest gluten containing flour is wheat. Next in line is rye, barley and oats. Millet and rice are gluten free. This is why millet and rice are often mixed with oat and barley to make a low gluten, wheat free flour. Rice flour works best when soaked over night. You can also pour boiling liquid (whatever the recipe asks for) over the flour and let it sit until almost cool. Spelt, rye, barley, oats, rice and millet flours, are excellent in cakes, cookies, muffins etc, where as they will be heavier in breads because of a lower gluten content.

ALL PURPOSE FLOUR MIX

#1
1 C cornstarch
2 C rice flour
2 C soy flour
3 C potato starch
Mix well. Use cup for cup to replace wheat flour.

#2
Equal parts rye, oat and barley flours.

Hard whole wheat flour is best for bread and as an all purpose flour.
Soft whole wheat is used as a pastry flour.

BAKING POWDER

#1
2 tbsp. baking soda
4 tbsp. arrowroot, potato or tapioca flour
4 tbsp. cream of tartar
Mix and store in a tight container. Keep in a cool dry cupboard.

#2
1/4 tsp. baking soda
1/2 tsp. any acid such as lemon or lime juice, cream of tartar or powdered vitamin C such as ascorbic acid

#3
2 C arrowroot flour
2 C cream of tartar
1 C potassium bicarbonate (purchase at a pharmacy)
Sift all ingredients together to mix thoroughly. Store in a cool dry place.

SWEETENER SUBSTITUTES

Tips about honey:
To whip egg white, add honey before beating.
For whipped cream, add honey after cream is whipped. Fold honey in gently and sparingly.
To thicken fruit for pie, add honey before thickening.

SWEETENER SUBSTITUTES (CONT'D)

To replace 1 C white or brown sugar use:
1/4 C - 1/2 C raw sugar (not recommended)
1/4 C honey
1/4 C maple syrup
1/3 C apple syrup (see canning section)
1/3 C apple butter
1/3 - 1/2 C fruit puree or sauce (to make fruit puree from dried fruit use 1/2 - 3/4 C dried fruit such as prunes, figs, dates or raisins and 1 C cold water
1/2 - 1 C raw or cooked chopped fruits
1/2 - 2/3 C dried fruits, chopped and soaked (optional)
Fruit juices can be substituted for any liquid in a recipe and omit all other sweetener.
1/3 C barley malt or rice syrup
Use 1/2 C fruit juice for sweetener in recipes that do not ask for liquids and add more flour as needed.

GRAHAM WAFER SUBSTITUTES

1. Stale, crushed cookies work well if mixed with oil, butter or nut butter to make crumbs.
2. Ground nuts mixed with nut butter or oil. Or grind coconut with nuts before adding nut butter and brown lightly in oven.
3. 1 1/4 C soda crackers, crushed (or any other biscuit, cracker etc). Add 1/3 C peanut or other nut butter or oil. 1 tbsp. honey can be added if desired. Mix and brown lightly in oven to deepen flavour if desired.
4. Granola or grape nuts ground in blender. Add nut butter, oil, etc.
5. Make your own graham wafer from the bread section.

COCONUT SUBSTITUTE

Use potatoes, carrots, squash and beets. Peel and shred like coconut and add coconut flavour if desired. Use this in place of coconut in pies, cakes etc.

BREAD CRUMB SUBSTITUTE

Try some of these instead of bread crumbs: ground nuts, rice cakes, puffed rice, rice krispies, rye bread crumbs, rye crackers, corn flakes, oat bran, oatmeal, wheat germ or whole grain flour.You can make your own nut meal by putting nuts in blender and blend until they are a powder.

MOCK FRUIT

Zucchini cubes can be used as mock pineapple, apple or other fruit when flavouring is added as zucchini does not have a distinct flavour of its own.

FLAVOURINGS

Extracts are preferred to artificial flavourings.

VINEGAR SUBSTITUTE

Lemon or lime juice or unsweetened cranberry juice or 1 tsp. ascorbic acid (Vitamin C crystals) diluted in 1/4 C water can be used in place of vinegar. Apple juice can be used in ketchup and salads.

Ascorbic Acid works as a natural preservative in low acid fruit such as pears and also as a colour preservative. It can also be used when baking bread for a lighter textured loaf. It is also used as a meat tenderizer.

Baking soda neutralizes the acid in apple juice. Add no more that 1/4 tsp. per cup of juice. This also works with tart apple sauce or rhubarb and seems to make it sweeter.

Yeast and yeast bread substitutes are found under the bread section.

NUT OR SEED BUTTERS AND SPREADS

Use: peanuts, pecans, walnuts, cashews, sesame, sunflower pumpkin seeds or any other nuts or seeds or any combination. Put 1 C freshly roasted seeds or nuts in blender. Grind finely on top speed for the smoothest consistency. Add a little bland oil (vegetable or peanut). Try blending dried fruit such as raisins, sliced apples, bananas, pears, apricots or peaches right along with your nuts or seeds to make new tasting spreads. Coconut adds a delicious flavour. Honey can be added to suit your taste. If using fresh fruit, refrigerate the unused portion as soon as possible.

Commercial nut and seed butters can be stretched a little farther by adding 1/4 C water to 1/2 C nut butter for spreading. This makes it easier to spread but not runny.

Soaked nuts make a smooth butter when you want to make your own.

Butter Stretcher: Whip 1 C sunflower, canola, soy, safflower oil etc. into 1 C butter or margarine to make it go farther.

Nut butters are a good butter substitute. Try putting some nuts through a Champion juicer. This makes excellent nut butter.

ONIONS: Onions, leeks and scallions are interchangeable. Garlic can be used in much smaller amounts.

SALT: When salt is called for in a recipe, sea salt is the best choice.

"The road is too rough," I said "Dear Lord
There are stones that hurt me so"
And He said "Dear child I understand
I walked it long ago."

"But there's a cool green path" I said
"Let me walk there for a time"
"No child" He gently answered me
"The green road does not climb."

"My burdon" I said "is far too great
How can I bear it so?"
"My child" He said "I remember its weight
I carried my cross, you know."

"But" I said "I wish there were friends with me
Who would make my way their own"
"Ah, yes," He said "Gethsemane
Was hard to face alone."

And so I climbed the stony path
Content at last to know
That where my Master had not gone
I would not need to go.

And strangely then I found new friends
The burden grew less sore
As I remembered: Long ago
He went that way before.

Most foods listed below can be obtained through your local health food store.

AGAR AGAR: A gelatinous substance made from seaweeds. Use as a substitute for gelatin. It is considered healthier than gelatin because it comes from a vegetable source and not from an animal source.

AMARANTH: A gluten free whole grain that is higher in protein, fibre, amino acids, lysine and menthione than other common grains. 3 tbsp. amaranth flour has more protein and calcium than does 1/2 C milk. It is available in whole grain form or as a flour. The whole grain can be cooked like millet.

APPLE SYRUP (OR APPLE MOLASSES): A thick, sticky, dark, liquid make from apple juice boiled down to a certain temperature. Used as a sweetener like maple syrup or honey. (See recipe in canning section.)

ARROWROOT FLOUR: This is a nutritious starch obtained from a tropical American plant and is used as a thickener similar to cornstarch or potato starch. Kuzu or wild arrowroot powder is also used as a thickener.

ARTICHOKE: The most common artichoke is a potato shaped tuber called the Jerusalem Artichoke or Sun Choke. It is 100% starchless with a good source of minerals and vitamins, especially potassium and thiamine. It has hardly any caloric value making it a recommended food for those with restricted starch or caloric diets. The Globe artichoke has compact heads of olive green colour with sharp pointed leaves and a fuzzy "choke" in the centre that must be cooked in order to be edible.

AVOCADO: A green pear shaped fruit of a West Indian tree with a rich, nutty flavoured flesh. Used in soups, salads, mayonnaise, desserts or as a thickener. Rich in vitamins and minerals.

BAKING POWDER: There are 3 types of baking powder available: tartate, phosphate and sas-phosphate. Tartate and phosphate are preferred as sas-phosphate is high in aluminum content which should be avoided. Phosphate may be a little slower acting than tartate. Always look for aluminum free baking powder.

BARLEY MALT: This is a thick molasses coloured, liquid sweetener. It is an extract from the barley grain that has been sprouted to convert its starches into sugar. Often a malt enzyme is used as well to convert the starch. Malt is available in syrup or dry granule form. Read labels carefully as some barley malt may contain corn, wheat or vinegar. Pure barley malt is available at a health food store.

BUCKWHEAT OR KASHA: This is related to the rhubarb family and is not in any way related to wheat or any other grain. Buckwheat flour is gluten free and makes good pancakes and can be used in a variety of other ways. It is higher in protein than many other grains. Buckwheat groats make a good breakfast cereal when cooked.

BROWN RICE: Brown rice is considered a better choice than white rice because it is in its unpolished, whole grain form where as white rice is already partly refined. Brown rice can be obtained in long grain, medium grain and short grain forms.

CAROB OR ST. JOHNS BREAD: This is a powder made from finely ground pods from a Mediterranean evergreen tree of the legume family. It is often used as a coco substitute and has a high mineral content. It is alkaline, rich in natural sugar (40% sugar, 6% protein) low in fat and starch. 3 tbsp. carob and 2 tbsp. water = 1 square chocolate.

CAROB CHIPS: A chocolate chip substitute made with carob powder. Watch for the unsweetened, dairy free kind. They often contain hydrogenated oils.

CELERIAC: A celery root is a rugged looking, greenish bulb resembling kholrobi and related to celery. Celeriac is a very crisp vegetable for eating raw with a celery like taste. It is also good cooked.

DUCK, GOOSE AND TURKEY EGGS: Some people can tolerate these eggs even if they can't have chicken eggs. It is worth a try!

A smooth sea never makes a skillful mariner.

EDIBLE SEAWEED: Algae, hijiki, kombu, wakame, dulse, kelp, nori, arame, agar and alaria are all edible seaweeds. They can be found in a dried form either as a powder or strips that can be chopped up and put into soup. Nori comes in sheets that can be used as a sandwich base. Place a filling on a nori sheet, roll up and eat. Seaweeds are high in trace minerals and highly alkaline. They can also be used as a salt substitute.

EGG PLANT: This pear shaped, purple black or white vegetable of the night shade family, is very mild in flavour, similar to that of fried oysters and is often substituted for meat. It takes on any flavour you give it.

EZEKIAL FLOUR: It is a blend of hard western wheat, rye, barley, millet, lentils, kidney bean, white beans and pinto beans. The history of this flour dates back to 600 B.C. when Ezekial the prophet lived on this flour for over 390 days.

GARBANZO OR CHICKPEA: This belongs to the legume family which originates from Central Asia. It can be used as other beans, or made into a flour that is available at a health food store. It is a good thickener for gravies etc, and can also be added to other flours for variety in baking.

GOOSEBERRY: A prickly shrub of the Saxifrage family bearing a read or yellow-green currant type berry. Excellent for eating raw or canned to add variety to your menu. Gooseberries give a fruit salad or fruit punch a tropical fruity tang.

GUAVA: This is a yellow pear shaped fruit native to tropical America with a sweet musk like taste. It is rich in Vitamin C. Good eaten raw and in fruit salads, etc.

Good habits are like muscles - the more you use them the stronger they get.

HONEY: Honey is the only natural sweetener available that is not manufactured by man. Taken raw, straight from the bees (which have not been fed sugar water) it is very high in minerals so it does not decay teeth as soon as sugar, even though it is about 3 - 4 times sweeter. Honey has medicinal value as well. Read Proverbs 16:24, 24:13, 25:16, 25:27. Honey can be obtained in three different ways: raw, unpasteurized and pasteurized. Raw is the most natural, taken right from the bees. Unpasteurized is slightly heated, so that it can be strained. Pasteurized is cooked and often has a chemical added to help keep the honey in a liquid form. Raw and unpasteurized honey should be heated if given to infants under 1 year old as it may contain small amounts of a bacteria that could affect young children.

HONEYDEW MELON: A smooth, white-skinned melon with a sweet firm, greenish flesh with a delicate taste, somewhat different from other melons.

HUCKLE BERRY: This is a black, blueberry type of fruit growing on an annual plant 3 feet in height. It can easily be grown in your garden. They become sweeter if left out for 2 or 3 frosts before picking. They are much better if mixed with blueberries or other fruits than eaten alone.

HYBRIDS: It has been said that it would be better to eat mostly non-hybrid (open pollinated) foods, as they tend to digest easier and have their minerals and vitamins more readily available than hybrids. This may be a worth while thought for the conscious gardener.

ICE BEAN: Is a dairy free ice cream made with soy bean and sweetened with honey. Can be obtained at a health food store.

KAMUT: Kamut is an unhybridized distant relative to our modern durums, often referred to as "the Grain of the Pharoahs". It's sweet nut-like flavour is regaining popularity due to its higher nutritional levels and ability to make good pasta. Studies show that many wheat sensitive people tolerate kamut products.

KIWI: This is a small, green almost round fruit with a delightful flavour combination of strawberry, melon and pineapple. Very attractive in raw fruit salad.

KUMQUAT: A small oval or round golden orange Chinese or Japanese fruit with a spicy, sweet, acidic flesh of the citrus family.

LECITHIN: This comes from the soy bean and acts as an emulsifier and breaks up fat. It is an excellent binder in breads and baked goods giving the end product a light texture and not as crumbly.

LEGUMES: These are pod bearing plants such as peas, beans and clovers are all called legumes. Some varieties of the legume family are alfalfa and mung bean sprouts, carob, peanut, peas, beans (soya, lima, kidney, aduki, navy, black turtle, pinto, romano, fava, striped kewit, broad, dutch brown, lemon yellow), chick pea, lentil, black eyed peas, raisin peas. Legumes are a good source of vitamin B and C as well as calcium and iron. Flours made from legumes or nuts are excellent thickeners and are lower in carbohydrates than grains.

LENTIL: The lentil is a member of the legume family. It resembles split peas and can be obtained in orange or green varieties. They are very good in soups and have a slightly spicy almost peppery flavour.

LITCHI OR LEECHEE: A small, round Chinese fruit with a brittle reddish-greenish shell and a sweet white pulp grown on an evergreen tree.

MANGO: A southeast Asian fruit. It is large red or yellow-orange fruit. Very juicy and aromatic flesh, having a slightly acid taste.

MARGARINE: Of the many types of margarine on the market, Becel and Soy Lethicin margarine are considered some of the more pure products because they do not contain hydrogenated products and are high in polyunsaturates. Becel does contain artificial colour. Soy lethicin margarine contains no artificial colour, flavour or preservatives.

Opportunity knocks only once, but temptation bangs on the door for years.

MILLET: This is a nutritious grain containing more protein than barley, oats, rye, rice or wheat. It forms a complete amino acid when combined with buckwheat or other food high in lysine. Millet has a high alkaline mineral content making it easy to digest. It makes an excellent breakfast cereal or can be used like rice or used in a casserole as a main dish. If millet is soaked overnight it will cut down the cooking time. Puffed millet is also available as well as millet flour. 1 part millet to 3 parts water and boil for 15 minutes. Let sit uncovered for 20 minutes. For a softer millet use 4 parts water to 1 part millet and boil for 45 - 60 minutes.

MISO: This is a Japanese style seasoning. Protein rich and flavourful, it goes well in soups, salad dressing, sauces, gravies, spreads, dips, etc. Ingredients include: soy bean, brown rice or barley, sea salt. Texture is very thick, dark and gooey. It is an aged product, so it may not be practical for everyone.

NUT BUTTERS: If you are allergic to peanut butter - do not despair! There are many nut butters on the market. Try almond butter, cashew butter, sesame butter (tahini), sunflower seed butter,filbert or hazelnut butter, macadamia nut butter, pistachio butter, etc. These are all much like peanut butter and are very tasty. You can make your own with a blender or grinder (see substitute section).

MOLASSES: This is a dark thick syrup produced from sugar cane or beets when white sugar is being extracted. Barbados molasses is free from sulphur and is the mildest, sweetest variety. Blackstrap molasses has a more burnt flavour and contains more vitamins and minerals but may be sulphured. Used as a sweetener and moisturizer in baking. Sorghum syrup derived from sorghum cane is also available but may contain sulphur. Corn syrup from corn, is also a highly refined product.

OAT BRAN: This is a good substitute for wheat bran. It is a bit heavier but high in dietary fibre which is very important for the digestive tract. It also has been proven to be beneficial in lowering cholesterol levels and stabilizing blood sugar levels.

OKRA: This is an annual vegetable often called gumbo. It is of West African origin. It produces green pods that should be picked when they are from 1" to 4" long. It is used in soups, stews or as a vegetable.

OIL: If you are allergic to peanut, corn, or soy oil, look for other varieties. Cold pressed oils are the best because they are higher in poly-unsaturated fatty acids and are not hydrogenated. They are stronger in flavour and also need to be kept in a dark container and in a cool place as they will go rancid faster that hydrogenated oils. Experiment with these different oils; almond, olive, sesame, coconut, walnut, canola, apricot kernel, avocado, grape seed, linseed (flax), safflower, soy, sunflower, peanut, cotton seed.

ORGANIC: Organic means grown without chemical sprays, pesticides and chemical fertilizers.

PAPAYA: A large pear shaped orange fruit with the flavour of peaches, cantaloupe and strawberries. The Vitamin C content is higher than oranges or strawberries.

PARSNIP: This is a white carrot shaped vegetable of the parsley family. Its taste is similar to a sweet carrot. In fact, it is so sweet and creamy (when blended), that it can be used as a dessert base. If mulched, parsnips can stay in the ground through the winter and dug as soon as the ground thaws in the spring. It is a nice treat to have fresh vegetables from the garden in the spring. The leaves of the second years growth are poisonous to touch and may cause blisters.

PERSIMMONS: These almost heart-shaped, orange fruits are very tasty if allowed to fully ripen. Soft but not mushy. To alter its taste, allow to ripen in a closed container with an apple. They can be eaten plain, or combined with other fruits. For a cool dessert, freeze and whip.

PINE NUT: Pine nuts are the seed taken from the Pinon pine cones, grown in warm climates. If you are allergic to pine, you may need to be careful with these.

POTATO FLOUR: This is a flour made from ground, dried potatoes. It is used as a thickener or in baking mixed with other flours.

POTATO STARCH: This is the starch taken from uncooked potatoes. It is an excellent cornstarch substitute.

QUINOA (Pronounced Keenwa): This is considered the highest in protein and most complete of the worlds grains. Often called the Mother Grain, it is grown in the high Andes Mountains of South America. Quinoa provides an essential amino acid balance, much like milk. It is light, delicious, easy to digest and easy to prepare. It can be used like rice, or in soups, salads, main dishes, stuffing, casseroles, etc. Rinse 1 C quinoa in water and drain. Simmer with 2 C water until water is absorbed; approx. 15 minutes. When done, the grain will appear translucent.

RICE BRAN AND RICE POLISH: Rice bran is the outer coat of bran that have been rubbed off the rice kernels. It has a finer texture than does wheat bran. Rice polishings are the inner bran coats. Both can be used in baking, much like wheat germ.

RICE CAKES: These are a wholesome, ideal substitute for bread and crackers for those people who have a wheat or other grain sensitivity. They are a light, tasty, round slice of puffed rice. Spread with your favourite nut butter or use as crackers with soup. Rice cakes are made by putting rice into a heated cooking mould and then are vacuum sealed. When cooked long enough, the vacuum is broken and the grains explode, which then press into each other to form the rice cake.

RICE DREAM: A dairy free ice cream made with brown rice. It is naturally sweetened, low in fat, cholesterol free and low in calories. A delicious ice cream substitute. Find it at your local health food store.

RICE NOODLES: These noodles are made from rice and water. A good substitute for those who are allergic to wheat noodles. A large variety of noodles and macaroni, that are wheat free, are available at most health food stores.

RICE SYRUP: A sweet, honey coloured syrup made from brown rice. The rice is ground into a meal, cooked to a slurry, and a small amount of cereal enzymes added (less that 1%), that converts the starch into natural sugar. The liquid is squeezed from the slurry and cooked until thickened. Use as a sweetener to replace sugar, honey etc. It is moderately sweet.

SAGO: This is a thickening agent that comes from the pith of an East Indian palm tree.

SALAD GREENS: There are a few salad greens that are not so common that may give you ideas for variety in your diet. Some are: boricole or kale, celtuce, chinese cabbage, chinese kale, chicory, corn salad, collards, cress, giant winter spinach, endive, greenlof, Japanese greens, mustard greens, bok choy, purslane, romaine lettuce (which is easier to digest than some lettuces), swiss chard, turnip top greens, witloof. Untreated seeds are available through William Dam Seeds, P.O. Box 8400, Dundas, Ontario L9H 6M1

SALSIFY: A hardy, nutritious, white skinned root that is cooked like carrots. Salsify if often called oyster plant, or vegetable oyster, because of the oyster like flavour of its root. Frosts improve the flavour. Like parsnips, the root may be left in the ground over winter if mulched and dug early in the spring.

SEA SALT: This salt is obtained from the sea and is considered healthier because it does not have iodine, bleaches or other additives.

SESAME SEED: This is a nutritious small flat seed of the Middle East and is very high in calcium, unsaturated oils, lecithin and amino acids. Use as cereal toppings, milk, baby formulas, salad dressings, spreads ...

SOUR DOUGH: This is a yeast substitute used as a leaven in making bread. Sour dough is made by letting flour and water ferment for 4 days and then it will work somewhat like yeast only the bread will not rise as much. Check your local health food store for wheat and yeast free sour dough rye bread. Be careful with sour doughs as some have yeast added to them. Read labels.

What would you be if not for the grace of God?

SOY BEAN: The soy bean is a magic little bean with many nutritious ways of using it. The soy bean has a high protein content of over 40%. Supplemented by grains and nuts the soy bean can be a major form of protein in any diet. Soy beans can be used to make a very nutritious milk for those on a dairy free diet. One pound of soy beans produce approx. 3 1/2 qt. soy milk, with about the same amount of protein as cows milk. The soy bean acts as a meat extender when ground. Flour made from soy beans is also a nutritious addition to many foods. Tofu, soy cheese, soy bean concentrate, soy cream, soy mayonnaise and soy bean yogurt can also take the place of dairy products in many recipes. The soy bean supplies half of the vegetable oils and fats consumed in the country.

SPELT: A wild wheat that is not a hybrid like most wheats of today. Spelt has it's nutrients available in the core of the grain and are easily accessible because of the water soluble fibre on the outer layers (most wheat has it nutrients on the outer layer and therefor harder to absorb). People who are sensitive to wheat should be able to handle spelt. Noodles and flour are available. The flour makes a good substitute for wheat in baking. Use 1/4 - 1/3 less oil when baking with spelt.

SPICES (SEE MISCELLANEOUS SECTION): If tolerated, herbs and spices can be a great boom to your taste buds if salt, pepper, onion or other common flavour enhancers are not tolerated in your diet. A few of the most used are: allspice, anise seed, basil, bay leaf, caraway, cardamon, cayenne, celery seed, chili powder, chives, cinnamon, cloves, coriander, cumin, curry powder, dill, fennel, garlic, ginger, lovage, mace, marjoram, mint, mustard seed, nutmeg, onion powder, oregano, paprika, parsley, pepper, pimento, rosemary, saffron, sage, savory, sesame seed, tarragon, thyme, tumeric, kelp, dulce. Try adding basil, tarragon, oregano, mint, bay leaf, ginger, garlic or onion powder to your meats. Sprinkle your eggs with chives, dill or oregano. Parsley, sage, thyme, bay leaf and marjoram go very well with poultry. Add some bay leaf, parsley and garlic to your potatoes while cooking. Mash the potatoes with dill, paprika or curry powder. Caraway, coriander, fennel, garlic, marjoram, parsley and poppy seeds go well in breads. Dill and savory go well with beans.

SPICES (CONT'D): Enhance your foods with spices but do not add so much as to be over whelming. Use your imagination and experiment! For your own herb garden, a large variety of seeds can be obtained from Richters, Goodwood, Ontario L0C 1A0.

SPROUTS: Sprouts are seeds that are sprouted by being kept moist for several days (see salad section). They are rich in vitamins and minerals, especially Vitamin C and A, calcium, iron, phosphorus, potassium and low in carbohydrates. They are a nutritious way to get some fresh greens in your diet during the winter months. Seeds that can be sprouted are: almonds, millet, alfalfa, radish, red clover, mung bean, navy bean, chinese cabbage, sweet corn, fenugreek, oats, chick pea, lentil, peas, sesame, soy bean, wheat, broccoli, sunflower, rye, carrot, parsley, flax, brown rice, unhulled barley, lima bean. Use sprouts in your salads or soups. They are easily digested. (See salad section for sprouting instructions.)

SUGAR: Be aware that brown sugar is mostly white sugar that has been flavoured with molasses. Raw sugar is the product that exists before the cleaning stage and is not necessarily considered a healthy food. Turbinado or Demcrara sugar is often called raw sugar but is a steam cleaned version of it which contains a fraction of dark molasses syrup produced in sugar refining. Any claims that this is an unrefined sugar is misleading, although it does not contain chemical whitening that white sugar has. Real fruit sugars are made from dried ground fruits.

SUNFLOWER SEEDS: These are a good source of Vitamin D and are higher in protein than meat, eggs or cheese. Also high in calcium, magnesium, silicon and phosphorus which help maintain strong teeth and bones. It has been said to be a perfect food, containing all essential nutrients for life.

TAHINI BUTTER: A nut spread made from sesame seeds. Also used as a base for alternative infant formula (see substitute section).

TAMARI: A traditional Japanese seasoning made from soy beans, water and salt. Look for wheat free tamari soy sauce. Most soy sauces contain wheat. Always read labels. Be aware though, that tamari as well as other soy sauces are an aged product so it may not be practical for some people. Use tamari in place of salt.

TAPIOCA: This is a nutritious substance that comes from the starch of the dried root of the Cassava plant, used as a thickener in granular or flour forms.

TEFF: Teff is the smallest grain in the world, 150 grains of teff weigh as much as a grain of wheat. Don't let its size fool you, the tiny teff provides giant nutrition. It is higher in calcium than wheat or barley. Ounce for ounce teff has more bran or germ than any other grain. Because of its small size and high density, use less teff than the amount of other grains or seeds for which it is substituted. For example 1/2 C teff to replace 1 C sesame seeds. Cooked it is gelatinous and adds body to puddings. A good thickener for stews, soups and gravies. It has a mild molasses like, sweetness flavour.

TOFU: A nutritious, mild tasting soft curd made from soy bean milk. It takes the place of cream cheese in recipes as well as a filler in meat, vegetable or salad dishes. If tofu is frozen 24 hours before using it will absorb other flavours better, especially in salad or main dishes. You can buy tofu in soft, medium, firm or extra firm variety. There is also a tofu milk powder available that is a milk substitute made from tofu and corn.

VANILLA: To avoid artificial flavours and alcohol try this pure vanilla, extract. Cut one vanilla bean into small pieces and cover with 1/4 C boiling water. Let steep overnight covered. After straining, return juice to blender and add 1/2 tsp. liquid lethicin, 1 tbsp. honey and 1 tbsp. vegetable oil. Store in refrigerator. Shake well before using.

VEGETABLES: A few vegetables that are worth mentioning are: yellow and white beats, yams, celeriac, broccoli, brussel sprouts, kholrobi, burpless cucumber, sugar peas, garlic, sweet potato, winter radish and hulless pumpkin for hulless seeds. Try them and add variety to your diet.

WAHINI RICE: Its kernel is longer that brown rice and rust in colour. While cooking it smells like nuts roasting. Sweet brown rice is a more glutinous variety, contains more protein and is sweeter. Basmati Rice is a long grain variety that is prized for its superb taste that is nut like.

WHEAT GERM: A raw embryo of wheat, high in Vitamin E, B1, B2, G and iron. It can be used in baked products or on cereals, etc, for extra nutrition. When toasted lightly, it has a nutty flavour.

WHOLE GRAIN FLAKES: If oat flakes or oatmeal are not tolerated in your diet, try barley, rye, triticale, wheat, rice or soy flakes or cornmeal. Use them in the same way as oats. Some may require longer cooking times.

WHOLE GRAIN FLOURS: If wheat flour is not tolerated there are many substitutes available. Barley flour works much like wheat flour in pastries. Also rye, oat, rice, millet, spelt, corn, soy, chick pea, and potato flour as well as bean flours, are available at most health food stores. Experiment to find what flour or combination of flours you like (see substitute section).

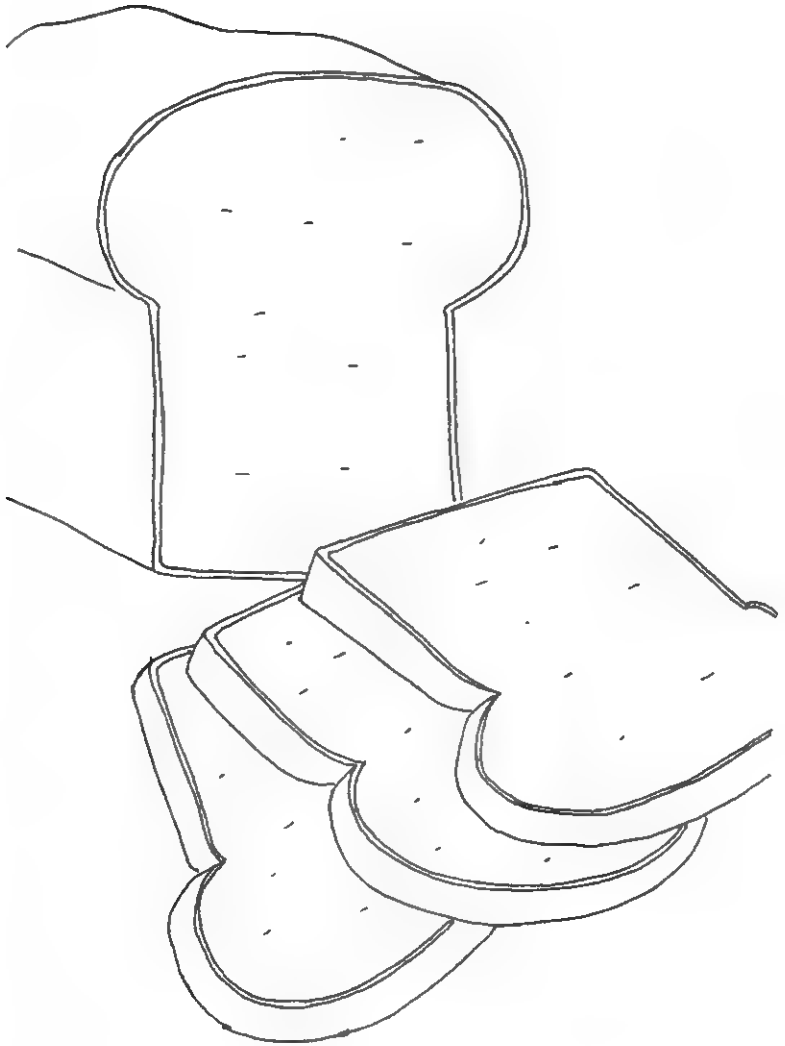
WILD RICE: This rice is considered far more nutritious than ordinary rice, having more protein and fat. It is a slender, slate colour grain from a tall aquatic grass of North America. Delicious flavour.

YAM: Yams are vines cultivated for the edible yellow to orange tubers native to tropical areas. Sweet potatoes are often called yams, but they belong to a completely different family. Yams are eaten like potatoes or sweet potatoes and have more protein and less starch than potatoes.

YEAST: Look for yeast cakes or active dry yeast (regular or fast rising) with no preservatives or sorbitan monostearate as they serve no essential purpose. Be sure to check the expiry date on the package.

Note: This glossary of foods is meant to provide a description of the foods and does not mean that any single food will provide the daily requirement of the nutrients listed.

Breads



BAKE YOUR OWN BREAD

Baking bread, an art to master,
Is well worth the time to learn;
With a little bit of effort
Soon some compliments you'll earn.
For there's no bread quite as tasty
As a fresh and crusty one,
Soft and springy, slightly steaming,
Moments after it is done.
You will need a store of patience,
Sturdy arms the dough to knead,
Fingers quick the loaves to fashion,
A desire to succeed.
Practice will lead to perfection;
Don't give up, keep on instead;
Soon you'll find your folks demanding
Your delicious homemade bread.

BREAD

In our culture, bread is considered one of the staples of our diet. Whether you need (or want) to avoid yeast or wheat in your bread, it may be difficult to adjust your taste, but there are many enjoyable and satisfying alternatives.

Pancakes can be served with a filling in between for sandwiches. Serve them with a fruit sauce for a unique dessert.

Crackers are a suitable bread substitute, appealing to children. They are convenient for lunches, spread with butters or sauces of your choice. Place cracker dough on a cookie sheet, cover with waxed paper, and roll out thinly with a rolling pin. Cut into 2" squares and bake. Crackers around the outside of the pan, bake sooner, so remove these from the pan and continue to bake the remainder.

Baking powder bread and biscuits are tasty alternatives for yeast breads. These can be served hot or cold at any meal.

With modern kitchen machines, making yeast bread is easy. You have the advantage of using fresh flour and avoiding preservatives or other ingredients you wish to elude.

Here are a few hints and tips for bread making:

1. In yeast breads, spelt is the flour that most closely resembles wheat flour.
2. Instead of oil in yeast breads, use apple sauce. When a recipe calls for 1/4 C oil, use 1/2 C apple sauce.
3. Use hard margarine or shortening to grease pans to prevent dough from sticking. Oil tends to make dough stick, especially when using cans.
4. If you are using Fermipan or other instant yeast, you do not need to soak before hand. Add the dry yeast after you have added some flour to the liquid.
5. It is difficult to say in exact cups, how much flour to use, as the quality and moisture content of flours vary. The dough should be soft and elastic, but not stick to your fingers when you are done kneading.
6. If dough is too moist the bread will be dry and crumbly.If dough is too dry, it will not rise well and will be heavy.
7. Yeast bread should rise twice before putting in pans for a finer texture. 1 1/2 tsp. liquid lecithin, 1/8 C whey powder and 1/8 tsp. Vitamin C powder per loaf of bread also helps to give a nice texture.
8. Bake in a moderate oven. You may need to rotate pans half way through baking to get an evenly browned loaf. To test to see if the loaves are baked, turn out of the pan and tap on the bottom. If the loaf sounds hollow, it is done. Cool on a rack.

9. To rescue a batch of dough that won't rise, add 1 tbsp. gluten flour per loaf of bread. This should only be used as a last resort.
   ENJOY!

YEAST BREAD

ALMA'S DELICIOUS WHOLE WHEAT BREAD

3 1/2 C milk (scalded, optional) or warm water
2/3 C oil (scant)
1/2 C honey, or less
2 tsp. salt
1 C warm water
3 - 4 eggs,
3 - 4 tbsp. Fermipan yeast
15 - 17 C whole wheat or spelt flour (approx.)
Pour slightly cooled milk into a large bowl or bread mixer. Add salt, oil, honey, water, and eggs. Mix. Add 1/2 of the flour and blend together. Add the yeast and the rest of the flour to make a slightly sticky dough. Knead 10 more minutes. Cover and let rise until double. Knead again and form into loaves or let rise again and then knead. Place in oiled bread pans and let rise. Put into a cold oven and turn to 350 F and bake 30 - 35 minutes. Brush with oil when done to make a tender crust. Makes 4 loaves.

BUTTER AND EGG BREAD

2 C water
4 C milk or substitute
2 tbsp. salt
1/2 C maple syrup
3/4 C soft butter or oil
2 tbsp. lecithin
5 eggs
4 1/2 tbsp. Fermipan yeast
15 - 16 C flour
Warm water and milk. Put into a large bowl and add all other ingredients except flour and yeast. Mix. Add 6 C flour. Stir dry yeast into 1 C flour and mix in. Add the rest of the flour or until dough doesn't stick to your fingers. Makes 6 large loaves.

CRUSTY COUNTRY BREAD

1 heaping tbsp. dry yeast
2 3/4 C warm water
Sour dough starter B (see recipe)
2 C whole wheat flour
4 C sifted rye flour
1 tbsp. salt

Pour 1/4 C warm water in a small bowl and stir in the yeast. Let stand 10 minutes. Add remaining water and half of the starter. Stir vigorously, add salt and flours, a little at a time. Beat vigorously with a wooden spoon for 5 minutes. Knead the dough on floured board until it looses much of its stickiness (15 - 20 minutes). Lightly grease a large bowl and place dough in it. Let rise 3 - 4 hours until tripled in bulk. Do not punch down. On a floured surface, shape dough into two large round flat loaves. Place loaves on a floured baking sheet and let rise for 2 hours. Pre heat oven to 450 F, having a separate baking sheet in oven which will also be pre heated. Sprinkle cornmeal on the baking sheet and turn the loaves onto the hot surface. Bake at 450 F for 40 - 50 minutes until the loaves are a deep golden. They should sound hollow when rapped on the bottom. Cool on racks.

Variation: Put bread dough in pans.

ELSIE'S WHOLE WHEAT BREAD

3 C lukewarm water
2 tbsp. yeast
1/4 C honey
1/4 C oil, lard or 1/2 C apple sauce
5 C whole wheat flour
2 tsp. salt

There may be a wrong way to do the right thing, but never a right way to do the wrong.

ELSIE'S WHOLE WHEAT BREAD (CONT'D)

Approx. 3 - 4 C more whole wheat flour
Combine water, yeast and honey. Allow to soften for 5 minutes (very important). Add oil, 5 C flour and salt. Beat with an egg beater or wooden spoon. Stir in the rest of the flour, kneading slowly and adding more flour until dough is soft and elastic, but still a little sticky. Place in a bowl, greasing dough on all sides. Cover with a towel, set in a warm place and let rise until double. Punch down, and let rise again. Divide dough in half. Roll out each half with a rolling pin on a greased counter. Roll up jelly roll style and set in pan, seam side down, greasing the top of the loaf. Let rise until 1" above the edge of the pan. Set in a warm oven and bring up to a moderately hot heat (375 F). Bake for 30 - 45 minutes or until top is dark brown. Makes 2 loaves.
Note: For a nicer bread, let rise 2 times before putting in the pans.

HALF AND HALF BREAD

Mix:
14 C lukewarm water
1/2 C apple syrup or molasses
1 C vegetable oil
2 tbsp. salt
14 C whole wheat flour
14 C dark rye flour
Let stand a few hours or overnight. Add 3 tbsp. Fermipan yeast. Add enough whole wheat flour until the dough doesn't stick to your hands. Let rise until double in size. Knead and form into rolls and place in bread pans. Let rise 20 minutes. Bake 1 hour at 325 F.

If we occasionally had to walk in the other fellows shoes, perhaps we would not criticise his gait.

HIGH PROTEIN WHOLE WHEAT BREAD

2 tbsp. dry yeast
1/2 C warm water
2 1/2 C hot water
3 tbsp. honey
3 tbsp. vegetable oil
1 tbsp. salt
2 tbsp. lemon juice
1 C oat bran
1/3 C dry milk powder (optional)
2/3 C soy or rye flour
3 tbsp. wheat germ
6 C whole wheat flour (approx.)

Dissolve yeast in warm water and honey. In a large bowl, put oil, salt and 1 1/2 C hot water. Stir and add 1 C hot water. Add lemon juice, oat bran, dry milk powder, soy flour, yeast mixture and half of the whole wheat flour. Beat for 3 minutes. Gradually add the rest of the flour by hand. Knead for 10 minutes. Place in bowl, and brush with oil. Let rise until double. Punch down and knead briefly. Let rise 10 minutes, then shape and put into 2 small loaf pans. Let rise and bake at 375 F for 30 - 35 minutes.

Variation: Brush with beaten egg and sprinkle with sesame seeds.

HOMEMADE EZEKIAL BREAD

1/2 C barley
1/8 C lentils
1/8 C pinto beans
1/2 C rye
1/8 C soy beans
3 1/2 C wheat
2 1/2 C hot water
1/4 C honey
1/4 C oil
1 1/2 tbsp. yeast
1 1/2 tsp. salt
3 tbsp. millet

HOMEMADE EZEKIAL BREAD (CONT'D)

Combine barley, lentils, pinto beans, rye, soy beans and wheat and put through a grain mill to make flour. Add to remaining ingredients to make a pliable dough. Let rise. Form into loaves and put into pans or place on a cookie sheet. Let rise. Bake at 350 F for 35 minutes. Makes 2 loaves.

"Take thou also unto thee wheat and barley, and beans and lentils, and millet and fitches and put them in one vessel and make thee bread thereof." Ezekial 4:9

MARTHA'S BROWN BREAD

3 medium potatoes, boiled and mashed or 3 C oatmeal
1/4 C oil
2 tbsp. sea salt
1 tbsp. honey or molasses
2 tbsp. Fermipan yeast
6 C warm water
Mix and add enough whole wheat flour to make a stiff dough. Kneed until it is no longer sticky. Makes 4 loaves.

OATMEAL YEAST BREAD

1 C rolled oats
1 tbsp. margarine or oil
1 tbsp. honey
1 tsp. salt
1 C scalded milk or substitute
1 tbsp. yeast
1/2 C warm water
2 1/2 - 3 C whole wheat flour (approx.)
Pour oats, oil, honey and salt over scaled milk. When cooled to lukewarm, add yeast that has been softened in 1/2 C water. Add flour. Knead until it is no longer sticky. Shape in a loaf or rolls. Let rise until double. Bake at 375 F for 40 - 45 minutes for loaf pans or for rolls, bake at 400 F for 20 minutes.

Age shouldn't matter unless you're a cheese.

OLD FASHIONED BREAD RECIPE

10 C buttermilk
1 C butter, margarine or oil
1 C honey
1 tbsp. salt
6 eggs, beaten
2 tbsp. yeast
4 tbsp. lecithin
24 - 30 C whole wheat flour
Scald 6 C of the buttermilk. Pour over honey, butter and salt. Stir until dissolved. Add remainder of buttermilk. Now mixture should be lukewarm. Add eggs, yeast and lecithin. Add 12 C flour. Beat thoroughly. Let stand 1 1/2 hours, stirring occasionally. (This period of time may vary as you work it into your schedule, but do let it sit awhile. Whole wheat flour requires more time to absorb the liquids than white flour.) Mix in remaining flour and knead 15 minutes or longer. (The longer you knead, the nicer the bread.) Let rise, punch down and let rise again. Shape into loaves and let rise again. Bake at 400 F for 25 minutes. Makes 7 - 8 loaves.

100% RYE BREAD

2 C lukewarm water
1 tbsp. oil
1 tsp. salt
1 tsp. yeast
2 beaten eggs
Mix and stir in 3 C rye flour. Continue adding flour until you have used 7 C. Let rise once or put directly in pans and let rise. Bake for 1 hour at 350 F.

RAISIN BREAD

1/4 C apple sauce
1/2 C raisins
2 tsp. cinnamon
1/4 C honey
1/3 C oil
2 3/4 C hot water
2 tsp. salt
1 tbsp. yeast (Fermipan)
6 - 8 C whole wheat flour

RAISIN BREAD (CONT'D)

Combine all ingredients and add more flour until you have the right consistency. Knead for 10 minutes. Let rise or form immediately into loaves and put into pans. Let rise. Bake at 350 F for 30 - 45 minutes. Makes 2 loaves.

RYE BREAD

In a small bowl put:
1/4 C warm water
1/4 tsp. molasses
1 tbsp. dry yeast
Let stand 10 minutes. Heat 1 1/2 C milk or substitute and add:
2 tbsp. oil
1 tsp. salt
1/4 C molasses
Cool to warm. Stir yeast into milk mixture. Stir in 3 C rye flour (one cup at a time). Add enough bread flour (approx. 3 C) to make a smooth, not sticky, dough. Add 1 tbsp. caraway seeds. Knead about 15 minutes until smooth. Cover and allow to rise for about one hour (until dough has increased by one third). Punch down. Knead for a couple minutes. Form into two loaves on a well greased baking pan or in a loaf pan. Cover and let rise for about 3/4 hour. Mix 1 egg white and 1 tbsp. water and brush loaves with it. Bake at 375 F for 45 minutes.

SESAME WHOLE WHEAT BREAD

3/4 C yogurt (at room temperature)
1 tbsp. active dry yeast
1 1/4 C lukewarm water
2 tbsp. liquid honey
6 - 7 C whole wheat flour
1 tsp. salt
3 tbsp. oil
1/4 C wheat germ
3 tbsp. sesame seeds

A pulling horse cannot kick.

SESAME WHOLE WHEAT BREAD (CONT'D)

In a large mixing bowl, combine yeast, warm water and honey. Stir, then let sit while measuring remaining ingredients. Add 3 C flour and yogurt to yeast mixture. Stir vigorously (batter will be soft and sticky). Cover bowl with plastic wrap and set in a warm place until doubled in size (approx. 1 1/2 hours). Stir batter down and add salt, oil, wheat germ, sesame seeds and 1 C flour. Continue adding flour to make a soft dough which leaves the sides of the bowl. Turn dough on to a floured board and knead for about 10 minutes, working in flour until dough is smooth and elastic. Rotate dough in a well oiled mixing bowl to oil the top. Cover bowl with plastic wrap and let rise again until doubled (1 - 1 1/2 hours). Punch dough down and knead gently for one minute. Cut dough in half and shape each half into an oblong loaf to fit into a well greased 8 1/2" x 4 1/2" pan. Cover pans loosely with waxed paper. Let rise in a warm place until doubled, about 1 hour. Preheat oven to 350 F. Bake loaves for 35 minutes or until top is brown and bread sounds hollow when crust is tapped.

SOURDOUGH CARAWAY RYE BREAD

2 C warm water
1 tbsp. yeast
1/2 C sourdough
Dissolve yeast in water and add sourdough. Mix well and add 2 C whole wheat flour. Set sit in a warm place overnight. Stir mixture and add:
1/4 C honey or molasses
1 tsp. salt
3 tbsp. oil
2 tbsp. caraway seeds
4 - 5 C rye flour
Mix and add rye flour until a stiff dough has formed. Knead 10 minutes. Place dough in a bowl, grease the top and let rise until double in bulk. Punch down. Form into a loaf and place on a greased cookie sheet that has been dusted with cornmeal. Let rise again until double. Bake 10 minutes at 400 F. Brush with beaten egg. Continue to bake 35 - 40 minutes longer. Cool.
Variation: Bake in loaf pans.

SPELT BREAD

2 tbsp. lecithin granules
2 1/2 C boiling water 2 1/2 C cold water
2/3 C maple syrup or honey
2/3 C applesauce (do not use oil)
3 - 4 eggs
3 tsp. salt
Stir until well blended.
8 rounded cups freshly ground spelt flour
1/4 C apple cider vinegar or lemon juice
Beat until well blended.
Add another 4 cups flour, mix well.
Add another 6 - 8 cups flour with the last cups of flour add 3 - 4 tbsp. Fermipan yeast. Dough should feel elasticy but not sticky to the fingers. Knead no longer than 5 min. with bread machine. Put immediately into 6 small pans. Let rise until doubled in bulk, approx. 1 hour depending how warm your baking area is. Then put bread into cold oven, turn it on to 375 F for 10 min. Then turn back to 350 F, bake for approx. another 15 min. or until done.

SQUASH BREAD

Mix together and have quite warm:
3 C cooked and mashed squash
3 eggs
2 tsp. salt
2 tbsp. lecithin
3 C leftover porridge or oatmeal
1 1/2 C milk, sweet or sour
2 C warm water
Add 10 C whole wheat flour. Let sit for 1/2 hour. Soak 1 rounded tbsp. yeast in 1/2 C warm water for 5 minutes. Stir yeast mixture into first mixture. Add 8 or 9 C whole wheat flour until dough is smooth and still sticky. Grease hands well and knead thoroughly. Place dough in a greased bowl to rise for 1 1/2 hours. Shape into 6 medium or 4 large loaves. Let rise and bake at 375 F for 10 minutes and then 325 F for 30 minutes.

Conscience: A thinking man's filter.

SUNDAY ROLLS

2 tsp. honey
1 C lukewarm water
2 tbsp. dry yeast
Mix and set aside for 10 minutes.
1 C hot water
1/4 C honey
3/4 C oil
2 tsp. sea salt
6 - 7 C whole wheat flour
2 eggs, beaten
Combine hot water, honey and oil. Cool to lukewarm and beat in 3 C flour. Beat in eggs and yeast mixture. Gradually beat in the remaining flour. Knead 10 minutes and let rise until double in bulk (1 hour). Punch down and shape into rolls. Let rise again and bake at 425 F for 12 - 14 minutes.
Variation: Make chelsea buns by putting a little honey in the bottom of each muffin tin and add nuts and raisins then top with dough. Let rise and bake.

WHOLE WHEAT BREAD #1

3 C uncooked oatmeal
5 tbsp. honey
6 tbsp. oil
4 tsp. salt
Pour 4 C hot water over above ingredients and let sit until cool enough to add yeast. Add 4 - 5 eggs, 1 1/2 - 2 tbsp. yeast and 9 - 10 C whole wheat flour (stone ground).
Let rise twice, then shape into 3 loaves. Let rise again and bake at 375 F.

WHOLE WHEAT BREAD #2

2 C warm water
1 1/2 tbsp. molasses
2 tbsp. oil
2 tsp. honey (optional)
1 tbsp. fermipan yeast
1/2 C bran
Approx. 4 - 5 C whole wheat flour.

WHOLE WHEAT BREAD #3

1 1/2 C warm water
1 tbsp. Fermipan yeast
2 tbsp. molasses
2 tsp. honey (optional)
1/2 tsp. salt
2 eggs
3 tbsp. oil
3 - 5 C whole wheat flour (approx.)

WHOLE WHEAT BREAD #4

1 C shortening
2 tbsp. salt
2 heaping tbsp. dietetic malt or honey (see recipe for dietetic malt)
4 eggs
6 C hot water
Enough whole wheat flour to make a batter a little stiffer than cake dough. Let sit a few hours or overnight, as long as it does not ferment. This helps the wheat to soak up the liquid and the bread is not as crumbly. Add 2 tbsp. yeast (if not instant it will need to be soaked in a little warm water). Add enough flour to make a soft dough (approx. 16 - 20 C total). Let sit in a warm place for 1 hour and punch down. Let sit another 1/2 hour and punch down. In ten minutes place in pans and let rise to double. Bake at 325 F for 1/2 hour.

WHOLE WHEAT BREAD #5

6 C warm water
1/3 C honey
1/4 tsp. Vitamin C powder
2/3 C oil or 1/3 C oil and 1/3 C apple sauce
3 tbsp. Fermipan yeast
4 - 6 tbsp. gluten flour (optional)
1/2 C whey powder (optional)
14 C whole wheat flour (approx.)
Mix until dough is not sticky but soft. Makes 4 loaves.

Freedom from bad habits
beats any other kind of freedom.

WHOLE WHEAT SPOON BREAD

1/2 C warm water
2 tbsp. yeast
3 C warm milk or water
1 C cold milk or water
1/2 tsp. salt
2 eggs, beaten
3 tbsp. honey
8 - 10 C whole wheat flour

Soften yeast in water. Add milk, salt, eggs and honey. Add flour, stirring with a wooden spoon until dough is stiff (too stiff to stir, but too wet to handle with hands). Spoon into 3 greased loaf pans 4 1/2" x 8 1/2". Let rise to the top of the pan. Bake 10 minutes at 450 F and then 30 minutes at 350 F.

Variation: This bread can be baked in juice cans. To prevent sticking, grease with shortening or hard margarine.

VEGETABLE BREAD

1/2 C warm water
1/2 C oil
2 eggs
2 C milk or substitute
2 tbsp. yeast
1 stalk celery, chopped
2 large carrots, chopped
1 C parsley
1" wedge cabbage
3 tbsp. honey
1 tbsp. salt
8 - 10 C whole wheat flour

Blend in blender oil, eggs, celery, carrots, parsley, cabbage, honey and milk. Pour into a large bowl in which the yeast and water has been soaking. Add flour and salt. Knead for 10 minutes. Let rise and then knead again and put into pans. Let rise and bake at 350 F for 30 - 40 minutes.

Some people use language to express thought, some to conceal thought, and some instead of thought.

YOGURT BREAD

1 tbsp. dry yeast
1 2/3 C warm water
1/4 C oil
2/3 C yogurt
3 tbsp. honey
6 C whole wheat flour (approx.)
2 tsp. salt
Dough should be soft and elastic, but still slightly sticky. Let rise until double in size. Punch down and let rise again. Knead for a few minutes and put in 2 pans. Let rise until the dough is over the top of the pan. Bake at 375 F for 30 - 45 minutes.

YEAST ALTERNATIVES

DIETETIC MALT

Sprout 1 C wheat by putting wheat in a gallon jar and cover with water. Let this sit overnight. Drain water. Lay jar on the side and turn it around a couple of times a day. In warm weather, rinse the sprouts 2 times a day. It takes about 4 or 5 days for wheat to grow little green sprouts. When the green sprouts are about 1" long, rinse sprouts and scatter out on 2 cookie sheets and dry in 150 F oven for 8 hours. When dry, grind in a flour mill or blender. Use 1 tbsp. to 3 or 4 loaves of bread in place of other sweeteners.

HOPS YEAST

2 ounces hops
1/2 C salt
1/2 C raw sugar or honey
4 qt. water
4 C flour
6 medium potatoes

When looking for faults -
use a mirror, not a telescope.

HOPS YEAST (CONT'D)

Boil hops in water for 30 minutes. Strain and cool to lukewarm. Place in earthen bowls, add salt and raw sugar. Mix flour with part of the hops water, then add to the remainder. Let this mixture stand for 31 days. On the 3rd day, boil and mash the potatoes and add to the hops mixture. Let stand one more day. Strain and bottle. The mixture should be stirred frequently and kept warm throughout the process. After the fermented mixture has been tightly bottled, store in refrigerator or cool place. This mixture keeps for 2 months. Shake before using and allow
1/2 C in place of 1 tbsp. dry yeast.

SOURDOUGH STARTERS

A:
2 C warm water (potato water is best
1 tbsp. dry yeast
2 tsp. maple syrup
Combine and stir to dissolve. Place in a large glass bowl, cover loosely with a towel and let sit in a warm place for a few days. Stir in 2 more C warm water and
2 C bread flour. Cover and let stand until frothy and sour (2 days). Store this mixture in a covered container in the refrigerator.

B:
1 tbsp. dry yeast
1 C warm water
2 1/2 C bread flour
Stir the yeast into 1/4 C of the warm water and allow to stand for 10 minutes. Now stir in the remaining ingredients. Mix well with a whisk or on low speed of a mixer. Place in a lightly greased bowl, cover with a tea towel and let rise at room temperature for 12 - 24 hours. When the starter is ready it will have tripled in bulk. Cover and refrigerate until ready to use. Bring back to room temperature before using.

QUICK SOUR DOUGH STARTER

1 C rye or whole wheat flour
1 1/2 tsp. dry yeast
1 C warm water
1 tsp. honey (optional)

QUICK SOUR DOUGH STARTER (CONT'D)

Combine ingredients and mix until blended well. For a quick sour dough, cover and place in a warm spot overnight and use the next day, or for a regular sour dough, cover and let stand for 5 - 10 days, stirring occasionally. Refrigerate and use as needed. To replenish your sour dough always keep 1/4 C back to use as a starter. Add equal amounts of flour and warm water. Let stand a few hours until it bubbles again. Cover and refrigerate. Sour dough should be used and replenished at least every two weeks.

YEAST FREE SOUR DOUGH RYE STARTER

Day One: Mix 1 oz. rye flour and 1 oz. warm water. Place in a porcelain bowl. Cover with a moist towel and keep in a warm spot of approx. 85 F.
Day Two: Repeat as on day one, stirring into yesterdays mixture. Warm water may be replaced with buttermilk or whey.
Day Three: Add 1 1/2 oz. rye flour and 1 1/2 oz. warm water. Place in a warm spot and always cover with a moist towel.
Day Four: Your sour dough is now ready to use except it is a good idea to multiply the sour dough twice before you start baking. To do this you add 1 C rye flour and 1/2 C warm water. Place in a warm spot for an hour until it becomes light and spongy and has risen a little bit. Repeat this process. When it has risen a second time, keep out 1/2 C of the sour dough for the next time you want to bake. This part you want to stop from rising by suddenly whisking in ice cold water. Let it stand until dough and water separate. Pour off the water and place the sour dough in the fridge or cool place. Always multiply the sour dough again the next time you bake and always keep a little back for the next time. For baking bread, add approx 3 1/2 oz. of sour dough to 2 lbs. rye flour. See recipe for yeast free sour dough rye bread.
Note: Sour dough needs an optimum temperature of 80 - 85 F to work the best. If it is colder than that the bread will become sour from acetic acid bacteria developing in the dough. Whole wheat flour may also be used to make the sour dough. Sour dough is apt to go bad during a thunder shower and will turn acid (it has something to do with the atmospheric pressure). For a quick way to make a new sour dough, you should take sour dough from a previous batch, when it is still fresh, and spread a thin coat around the inside of a bowl and let it sit in a warm place to dry out. Now rub off this dry sour dough and crumble into pieces.

Place into a tight container and store in your cupboard. When you want to start a fresh batch of sour dough, take 1/2 to 1 tsp. of these dry crumbs and mix in with your flour and warm water. (You may want to start in with 4 oz. flour and 4 oz. warm water when using the crumbs so you will have more sour dough to start with the next day.) Your sour dough will start working overnight and you will not need to wait 4 days to start using it. (Always make sure you have crumbs on hand for when you need them.) If your sour dough starts to get a bit too sour, try adding some baking soda. (1/2 tsp. to 3 C flour) If your sour dough or bread gets a strong vinegary smell or taste, you need to start a fresh batch of sour dough.

YEAST BREAD ALTERNATIVES

BANNOCK

2 3/4 C barley, wheat or rye flour
2 tsp. baking powder
1/2 tsp. salt
3 tbsp. oil
2/3 C water or more to make a soft slightly sticky dough
Knead about 10 times on a floured surface. Roll out 1/2" thick and bake on greased cookie sheets at 450 F for 15 minutes. Cut into squares and use as bread. Tastes excellent.

BARLEY BREAD

#1
1 3/4 C barley flour
1 C fine barley flakes (if flakes are course, blend in blender)
1 tsp. baking soda
1 1/2 C water or fruit juice
1 tbsp. molasses (optional)
Mix and pour into a well greased bread pan. Bake at 350 F for 45 - 60 minutes. Yield 1 loaf.

To avoid old age, keep taking on new thoughts and throw off old habits.

#2
3 C barley flour
1/2 tsp. salt
4 tsp. baking powder (or less)
3 tbsp. oil
2 eggs (or egg replacer)
1 C milk or water
1 tsp. honey (optional)
Mix lightly and pour into a loaf pan.

BASIC BUTTERMILK BISCUITS

Use finely ground whole wheat flour, stirred well to lighten.
Mix together:
2 C stirred whole wheat flour
1 tsp. soda
1/2 tsp. salt
Cut in 1/3 C butter or margarine
Add 1 C buttermilk or water with 1 tbsp. lemon juice
Mix until flour is moist. Do not over mix. Drop biscuits on cookie sheets with a tablespoon. Bake at 375 F for 15 to 20 minutes. Delicious when eaten warm with honey or apple butter and a glass of milk.

Variations:
1. Substitute equal amount of rye flour for whole wheat.
2. Add 3/4 C grated cheese before adding liquid for a nice cheese biscuit.
3. Add 1/2 C minced onion before adding liquid.
4. Add 1 - 2 tsp. chopped herbs of your choice.
5. Add 1 tbsp. minced onion and 1/2 C cheese and replace milk with tomato juice.
6. Put 2 tbsp. butter and 2 tbsp. honey in a 9" x 13" pan and sprinkle with nut meats and cinnamon. Drop batter and bake like chelsea buns. Invert pan when baked.
7. Top with mashed strawberries and serve as individual short cakes.
8. Roll dough and spread with cooked chicken or a salmon mixture. Roll up jelly roll style and slice. Place on a cookie sheet and bake. When serving pour a cream soup or sauce over top of hot slices.
9. Use as a yeast free pizza dough.

BASIC DUMPLINGS (KNEPP)

Mix together:
1 C barley or rye flour
2 tsp. baking powder
Pinch of salt
1 rounded tbsp. margarine or oil (optional)
Approx. 1/2 C milk or water to make a thick cake dough.
Drop by teaspoon into boiling broth or onto sliced potatoes.
Always cover dumplings and let cook 10 minutes without peeking into the kettle.
Variations: 1. Add 1 egg to make dough richer.
2. Drop into tomato juice rather than broth.

BLENDER CARROT CORN BREAD

1 medium carrot, peeled and sliced
1 egg
1 tbsp. oil
1 C buttermilk
1 C yellow corn meal
1/2 tsp. salt
1/2 tsp. baking powder
1/2 tsp. soda
Preheat oven to 450 F. Lightly grease and flour and 8" x 8" pan. Place carrot, egg and buttermilk in blender container; cover and process until smooth. Add all remaining ingredients and blend briefly to mix. Pour into prepared pan. Bake 20 minutes. Cut and serve directly from pan. Serves 6. It is so quick; only 25 minutes from start until ready to eat.
Note: If you double this recipe, use 2 small pans rather than one large pan, as it rises better in the small pans.

BRAN BREAD

2 C bran
2 C stirred whole wheat flour
2 C sour milk
2 eggs (optional)
2 tsp. soda
2 tbsp. oil

BRAN BREAD (CONT'D)

Put all ingredients in a bowl and mix. Pour into loaf pans to bake. To serve, slice and spread with apple butter. Cut into cubes and soak in milk if desired, for toddlers and children. (This is not as hard to chew as some other cereals.) Eat in place of store bought cereal. Very quick and an easy recipe for children to make.

BREAKFAST OAT CAKE

1 C oatmeal
1/4 C chopped walnuts or other nuts
1 C soy milk or nut milk
2 tbsp. oil

Combine dry ingredients. Add oil to soy bean milk and beat lightly with a fork to blend. Stir into dry ingredients until well mixed. Pour into an 9" x 12" pan. Bake 350 F for 25 minutes. Serve hot.

Variation: Spread quite thin on greased cookie sheet. Bake at 350 F for 15 minutes. Reduce heat to 250 F until crisp and dry. Add sesame seeds instead of walnuts; sprinkle on top.

BOSTON BROWN BREAD (STEAMED)

2 C sour milk or soy or nut milk plus 2 tbsp. lemon juice
1/4 C molasses
2 C barley or wheat flour
1 C cornmeal
1 1/2 tsp. baking powder
3/4 tsp. soda
1 tsp. salt
1 C raisins
1/2 C sunflower seeds or nuts (optional)
1 tbsp. orange rind (optional)

Add milk and molasses to dry ingredients. Add raisins, nuts and orange rind. Pour dough into juice cans or stainless steel or pyrex bowl. Cover tightly with tin foil. Place into a large kettle on a rack or jar rings. Fill kettle with water to half way point. Steam for 2 hours. Cool and slice thinly.

I think all this talk about age is foolish. Every time I am one year older, so is everyone else.

CHEESE AND ONION MUFFINS

1 egg
1/4 C oil
1 C milk
1 3/4 C whole wheat flour
1 tbsp. baking powder
1/4 tsp. salt
1/2 C sharp cheese
1 tbsp. minced onion
Beat liquid ingredients. Add dry ingredients and cheese stirring only to moisten. Bake. Serve warm as a yeast free dinner roll.
Variations: 1. Add crumbled, fried bacon in place of onion.
2. Substitute milk with a tin of cream soup.

COFFEE CAN RYE BREAD

1 C fine rye flakes (if flakes are course, blend in a blender)
2 C rye flour
2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
Mix and add:
1 1/2 C fruit juice, milk or water
1 tbsp. honey (optional)
Mix and pour into a greased container. A Red Rose coffee can or a fruit juice can works best. Cover with plastic or foil. Let stand 5 minutes. Uncover and bake 1 1/2 hours at 350 F. Remove from oven. Cool 10 minutes before removing from can.
Variation: Substitute wheat germ, oatmeal or barley flakes for rye flakes and wheat or barley flour for rye flour.

CORN FLAT BREAD

4 tbsp. oil
1/2 C water
1 C cornmeal
1/2 tsp. salt
1 tsp. baking powder
Mix and pour into an greased 8" x 8" pan. Bake 10 - 12 minutes at 450 F. This can also be baked in muffin tins.

CORN FLAT BREAD (CONT'D)

Variations:
1. Use roasted cornmeal for a better flavour
2. Use half cornmeal and half corn flour or barley or rice flour.
3. Add 2 eggs and 1 C barley flour. You may have to increase water to 2/3 or 3/4 C.
4. Use nut milk, soya milk, buttermilk or sour cream instead of water. Add lemon juice to sour nut milk or soya milk.

CORNMEAL DUMPLINGS

1 C cornmeal
1 C barley flour
1/2 tsp. salt
3 tsp. baking powder
Cut in 3 tbsp. oil or margarine. Add 1 egg and 3/4 milk (approx.). Drop by tsp. into stew or boiling liquid. Cover and cook 15 - 20 minutes.

GERMAN BUNS

4 C whole wheat, barley or rye flour
1 tsp. soda
2 tsp. cream of tartar
1 tsp. salt (optional)
3/4 C butter or oil
1 egg, well beaten
Mix with 3/4 C water or part soy milk
Roll out with rolling pin to 1/4" thick. Spread with butter and peanut butter or apple butter. Put on chopped nuts or unsweetened coconut. Roll up and cut into 1/2" thick slices. Bake on an ungreased baking sheet. Bake at 375 F for 15 minutes. These are best stored for 1 week and then served.
Variation: Instead of flour, use:
- 1 1/2 C oat bran
- 1 C wheat germ
- 1 1/2 C rice flour
- 2 tsp. baking powder (in place of soda and cream of tarter)

The easiest way to make a mountain out of a mole hill, is just to add dirt.

HEALTH BREAD

Mix together:
1/4 C molasses
2 tbsp. oil
2 C soya milk plus 2 tbsp. lemon juice
Add:
2 C rolled oats
1 C raisins
1 C oat bran (optional)
Set aside for 20 minutes. Mix in just enough to moisten:
2 C barley flour
1 tsp. baking powder
1 tsp. soda
Let batter stand for 20 minutes and then bake. Bake at 350 F for 1 hour. Yield 1 loaf.
Variation: Use 1 1/3 C rye flour and 2/3 C rice flour instead of the barley flour.

IRISH SODA BREAD

Mix:
2 C barley or rye flour
1/2 tsp. salt
1 tsp. soda
1 tsp. baking powder
1/8 tsp. cardamon (optional)
1 beaten egg or egg replacer
1 C yogurt, buttermilk or nut milk with lemon juice added to sour it
1 tbsp. honey (optional)
Mixture will be dry like yeast bread. Blend with hands to work all the flour in. If it is too dry add more liquid. Knead for 5 minutes. Place in a loaf pan or on an oiled baking sheet. Cut 2 parallel slashes in the dough to avoid breaking while rising. Bake at 375 F for 25 minutes until well browned.
Variations:
1. Add raisins, currants or caraway seeds.
2. Use 1 1/2 C oat flour and 1/2 C rice flour
3. Add 1 1/2 tbsp. sunflower oil.

There is no food value in wild oats.

MIDDLE EASTERN TACO'S

Chapattis:
1 C barley, rye or wheat flour
1/4 C water (scant)
Mix flour and water to make a nice dough. Knead and roll out into flat circles. Fry on each side. Fill chapattis with chick pea mixture and fold over to make pockets or use your own favourite filling.
Filling:
1 1/2 C cooked chick peas
1/4 C toasted sesame seeds or 2 tbsp. tahini
1 clove garlic
1 tbsp. lemon juice
1/3 tsp. coriander
1/4 tsp. each salt, cumin
1/8 tsp. cayenne pepper
Blend until smooth in blender. Fill chapattis with this mixture and garnish with lettuce, tomatoes, cucumber and onion. Top with yogurt or sour cream.

ONION AND CHEESE BREAD

1 1/2 C barley or rye flour
1/2 tsp. salt
3 tsp. baking powder
3 tbsp. oil or margarine
Add 1 1/2 C shredded cheddar cheese.
In a frying pan, saute lightly:
1/2 C onion
1 tbsp. oil or butter
Beat 1 egg and add 1/2 C soy or nut milk. Add to the onion. Pour this mixture into the dry ingredients. Stir to moisten. Put into a greased 8" pan. Sprinkle with cheese. Bake at 350 F until done.

POPOVERS

1 C barley flour
1/2 tsp. sea salt
1 tbsp. oil (optional)
3/4 C milk or water
2 large eggs

POPOVERS (CONT'D)

Mix dry ingredients with wet. Add egg last. Dough is very thin. Fill muffin tins 1/2 full. Bake 425 F for 25 - 30 minutes. If you prefer them dry, slit them with a knife and bake 5 minutes longer. These are excellent served warm with nut butter.

Note: For great popovers, grease muffin tins and stick them into the oven and have them sizzling hot when you are ready to put dough into tins. This makes them rise nicer.

QUICK RYE BREAD

Pour 2 C soy milk over 1 C bran and let it sit. Combine:
4 C rye flour
4 tsp. baking powder
1 1/2 tsp. salt
1/2 tsp. soda
Add to the milk mixture and beat in:
2 beaten eggs
2 tbsp. molasses
1/2 C oil
Add dry ingredients to the wet mixture. Bake in a moderate oven for about 1 hour. Let cool 10 - 15 minutes before taking out of the pan. Make slots in the dough to avoid big cracks.

RICE BREAD

3 eggs, separated
1 1/2 C nut milk or water
3 tbsp. oil
1 tbsp. honey (optional)
3 C rice flour
3 tsp. baking powder
3/4 tsp. salt
Beat yolks, nut milk, oil and honey. Add flour baking powder and salt. Blend until smooth. Fold in stiffly beaten egg whites. Bake at 350 F for 45 minutes. Makes 1 loaf.
Variation:
1. Use egg replacer if desired.
2. Try using 2 1/3 C rice flour, 1/3 C arrowroot flour and 1/3 C potato flour.

The gossiper's tongue is long enough to cut his throat.

RYE MUFFINS

2 C rye flour
1 tsp. baking powder
3 eggs
1 1/4 C fruit juice
1/4 C vegetable oil
1/2 C raisins
1 tsp. cinnamon or coriander
Mix dry ingredients and add wet ingredients. Stir only until combined. Bake at 350 F 10 - 15 minutes. Use instead of bread.

SALT RISING BREAD

2 tbsp. cornmeal
1 tbsp. salt
2 1/2 C sliced potatoes
4 C boiling water
Sprinkle salt and cornmeal over potatoes. Pour boiling water over top and stir until salt is dissolved. Cover and place in a warm spot from noon to the following morning. It is important to keep it warm. Then drain off the liquid and to it add:
1 tsp. soda
1 tsp. honey
5 C whole wheat flour
Stir until well blended. It should be the consistency of cake batter. Set mixture in a warm place and let rise until light and bubbly - about 1 1/2 hours. Scald 1 C milk and add 1 tbsp. oil or margarine and let cool to luke warm. Add milk to the sponge and add 6 C whole wheat flour (approx.) and 1 1/2 tsp. salt. Knead 10 minutes and shape into loaves. Let rise until light - approx. 1 1/2 hours. Bake at 350 F for 1 hour. This bread is similar to a sour dough bread.

SAVORY CHEESE BREAD STICKS

2 C sifted barley or rye flour
1 tbsp. baking powder
1/2 tsp. salt
1 C sharp cheddar cheese, shredded (or 1/2 C cheese powder)
2/3 C milk or 1/4 C water
1/3 C unsalted butter, melted, or oil
Glaze: 1 egg and 1 tsp. water
Seasonings of your choice: oregano, marjoram, basil, sage

In a medium bowl, combine flour, baking powder, salt, seasonings, cheese, milk and melted butter. Stir until mixture no longer sticks to the bowl, (2 - 3 minutes). Knead dough lightly 10 times on a floured surface. Divide dough into 24 equal parts. Roll each piece into a 6" rope. Twist 2 ropes together, press light at the ends. Repeat with remaining dough. Place on a greased cookie sheet. Make glaze by beating egg with water. Brush on bread sticks. BAke at 400 F for 12 - 17 minutes or until light and golden brown. Remove from cookie sheet immediately. Serve warm. Makes 12 bread sticks.

SOUR DOUGH MILLET MUFFINS

1 C rye flour
1 C ground millet
1 tbsp. baking powder
1/4 tsp. soda
1/4 tsp. salt (optional)
1/2 C raisins (optional)
1 egg
1/4 C oil
1 C water
1/2 C sour dough starter
Mix dry ingredients. Beat egg, oil and water. Add sour dough starter. Add all at once to the dry ingredients. Stir only to mix. Grease muffin pans well and fill 2/3 full. Bake at 400 F for about 15 minutes or until golden brown. These are best if served hot.

SOUR DOUGH BISCUIT

2 C whole wheat flour (more if necessary)
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. soda
1/2 C oil or shortening
1 C sour dough starter
2 tsp. honey
2/3 C milk or water

People who say they sleep like a baby -
usually don't have one.

SOUR DOUGH BISCUIT (CONT'D)

If you do not have enough sour dough starter, add 1 C wheat or rye flour and 1 C warm water (1/2 tsp. salt and 2 tsp. honey optional) the night before and leave sit in a warm place overnight. Use what your need for the biscuit and store the rest in a cool place. Combine ingredients to make a nice dough. Roll out 1/2" thick and cut. Bake 20 minutes at 400 F.

Variations:
1. Roll 1/4 " - 1/3" thick and place a piece of cheese on each biscuit and place another biscuit on top and seal the edges. Bake.
2. Add 1/2 tsp. celery seed powder and 1/3 C finely chopped onions that were sauteed in 1 tbsp. oil.

UNLEAVENED BREAD

1 C rye or wheat flour
1/3 C water
2/3 tbsp. oil
1/4 tsp. salt (optional)

Adjust water to make a stiff dough. Knead until smooth and elastic. Make into 5 balls. Roll out on a floured surface into 6" - 7" circles. Cook on a hot griddle pressing the dough down on the griddle with a spoon until it starts to brown. Turn and cook the other side. Use as a bread. Spread with jam, nut butter, apple butter, etc.

Note: If using oat, rice or barley flours, you may use the same recipe only make the batter like pancake batter and then cook on a hot griddle. Then dry in the oven until crisp at 250 F.

YEAST FREE SOUR DOUGH RYE BREAD

4 2/3 C (one lb.) rye flour
2 oz. sour dough (remember to multiply your sour dough twice before you start to make bread)
1 1/3 - 1 1/2 C warm water
1 tsp. salt

Tight shoes are the greatest blessing on earth. They make you forget all your other troubles.

Place flour, sour dough and salt in a bowl. Add warm water gradually until the dough has become the right consistency. The amount of liquid you will need depends on the quality of the flour. It is important not to have the dough too wet or it will not rise and will be heavy. If the dough is too stiff it will become hard and not rise well either. It should be slightly sticky and not too stiff. You will soon learn the right texture with experience. Set your dough into a bowl and set in a warm place overnight (75 - 85 F). Try putting dough in the oven with the temperature set as low as possible and the door ajar and a pan of water on the bottom rack and let sit for several hours. Always cover with a moist cloth. After it has risen, put into bread pan. Place in warm oven, covered with a moist towel and let rise 2 - 3 hours. Pre heat oven to 500 F. Make sure you have a bowl of water set on the bottom rack. BAke bread 5 minutes at 500 F. Turn down to 400 F and bake for approx. 1 hour. Makes 1 loaf.

PANCAKES

BUCKWHEAT PANCAKES

1 C buckwheat flour
1 tsp. baking powder
1/2 tsp. soda
6 tbsp. barley or rye flour
1/2 tsp. salt
2/3 C milk or water
1 C sour milk, buttermilk or substitute
1/2 tbsp. oil
Mix and bake on a hot griddle.

CORNMEAL COCONUT PANCAKES

1/4 C barley or rye flour
3/4 C cornmeal
1/4 tsp. salt
2 tsp. baking powder
1 tsp. honey
1 egg
3/4 C water
1/2 tbsp. oil
1/2 C coconut
Mix well and bake on a hot griddle. Serve with fruit or syrup.

CORNMEAL PANCAKES #1

1 C sour milk, buttermilk or water plus 1 tbsp. lemon juice
1 egg yolk
1 tbsp. oil
1/2 tsp. baking powder
1/2 tsp. soda
1/2 C cornmeal
1/2 tsp. salt
1/2 C barley or rye flour
1 egg white, beaten stiff
1/4 - 1/2 C raisins (optional)
Beat sour milk and egg yolk. Add remaining ingredients, folding egg white in last. Bake on hot griddle. Serve with fruit or syrup, or as a supper dish with ketchup and salad.

CORNMEAL PANCAKES #2

Mix:
1/4 C yellow cornmeal
1 tsp. salt
Add:
1 1/4 C boiling water
Slowly add the water stirring all the time. Add a little more if necessary to make a medium batter. Blend in:
2 tbsp. oil
1 tsp. honey
Beat:
2 egg whites until stiff
Add 2 egg yolks and continue beating. Fold eggs into batter. Bake on an ungreased, heavy griddle. If your cornmeal is not fine, then use 1/4 C oat flour and 1 C cornmeal.

FRENCH TOAST

1 egg
1 C milk or substitute
1/4 tsp. sea salt
1/4 tsp. nutmeg and/or cinnamon
1/2 tsp. vanilla
1 tsp/ honey or maple syrup (optional)
Dip bread into batter and bake at 400 F for 10 minutes. Reduce heat to 350 F until toast is nice and brown. Finish under broiler if necessary. Can also fry instead of bake. Serve with fruit sauce or spread with apple butter, etc.

GINGER WAFFLES

1 tsp. ginger
1 1/8 C barley flour
1/4 tsp. salt
2/3 tsp. soda
1/2 C molasses
1/4 C water or milk
1 egg separated
3 tbsp. oil
Fold in stiffly beaten egg whites last. Bake on a waffle iron.

OATMEAL APPLE PANCAKES

Mix 1 C rolled oats with a 3/4 C milk, fruit juice, nut milk or water. Let stand 1 hour (approx.) Add 1 egg yolk and 1 stiffly beaten egg white. Add 1 tbsp. almond meal (ground almonds). Fold in 1 1/2 - 2 C shredded apples. Bake pancakes on a greased cookie sheet at 375 F or in a hot frying pan. Serve with a fruit sauce and cinnamon or maple syrup.

OATMEAL PANCAKES

Soak for 1 hour:
1 C oatmeal or rolled oat flakes
2/3 C water or fruit juice
Add:
1 egg, beaten
1 tsp. honey (optional)
4 tbsp. barley, oat or tapioca flour
Drop by tablespoon into a hot greased frying pan. Fry until crisp on both sides or bake on cookie sheet until brown at 400 F. Serve with maple syrup or fruit sauce.

PANCAKES

1 1/2 C stirred barley flour
1 C stirred whole wheat flour
4 1/2 tsp. baking powder
Pinch of soda
2 eggs
1/4 C oil
1 3/4 C milk, water or apple juice
Salt (optional)

Beat eggs well and add other liquid ingredients. Stir dry ingredients into liquid. Dough should be lumpy. Cook on a lightly oiled griddle. These are light and moist.

Variations:
1. Use 1 1/4 C stirred whole wheat flour in place of barley. Add 2 C chopped apples. These are heavier and very filling.
2. Use 1 C stirred rye flour in place of whole wheat.

PLAIN PANCAKES

1/2 tsp. honey (optional)
1 tsp. salt
1 tbsp. oil
2 egg yolks
2 C milk or substitute
2 C barley or rye flour, or both
3 tsp. baking powder
2 egg whites

Add stiffly beaten egg whites last. Bake on a hot griddle. Serve with maple syrup, apple sauce or apple butter.

QUICK BREAKFAST PANCAKES

1 egg
1/2 C water or milk
2 tbsp. honey
1/2 tbsp. oil
1/4 tsp. salt
1 tsp. baking powder
1 C barley, wheat or rye flour

Mix and bake on a hot griddle.

Variation: For Russian type pancakes, omit baking powder, oil and honey and increase liquid by 1/2 C. Pour all into a hot greased griddle. Brown on both sides. Roll up or serve with butter, jam, syrup etc.

If any thing will go without saying -
let it go.

RICE PANCAKES

3 egg, separated
1 C cooked rice
1 tsp. honey
1 C milk or water
1 C barley flour
1/2 tsp. salt
1 tsp. baking powder
1 tbsp. oil

Add beaten yolks to the warm cooked rice. Add the rest of the ingredients. Fold in stiffly beaten egg whites. Drop from a spoon onto a hot greased pan. Brown on both sides. Serve with fruit or syrup.

RYE PANCAKES

1 1/2 C water
2 eggs
1 tsp. oil
2 tsp. baking powder
1 1/2 C rye flour

Beat eggs, add water and oil, blend. Add dry ingredients. Serve with pureed fruit.

SOUR DOUGH PANCAKES

1/2 C water or milk
1 C barley flour
1 tbsp. honey
3/4 C sour dough
1 egg, beaten
2 tbsp. oil
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. soda

Combine water, flour, honey and sour dough. Let stand over night then add remaining ingredients. Bake on hot griddle.

SYRUP FOR PANCAKES

1/3 - 1/2 C honey
2 C water
1 tsp. vanilla

SYRUP FOR PANCAKES (CONT'D)

Cook honey and water until slightly thickened. Add vanilla. Pour over fresh pancakes. You can also just bring it to a boil and use without cooking until thick.

TOMATO PANCAKES

3 eggs
1 1/2 C tomato juice
5 tbsp. flour
1 tsp. soda
Salt
Bake in a hot skillet or put on a cookie sheet and bake in the oven until brown. Add onion if desired. These are good eaten with creamed potatoes.

WAFFLES

1 C barley flour
1 tsp. baking powder
1 tsp. salt
2 tsp. honey
3 tbsp. oil
1 egg, separated
3/4 C water or milk
Fold in stiffly beaten egg white last. Bake in hot waffle iron.
Variation:
1. For apple waffles, increase liquid and flour by 1/4 C and add 1 3/4 C chopped apples and 1/2 tsp. cinnamon.
2. For cream waffles, add 1/4 C sour cream and 3/4 C milk instead of water.

CRACKERS AND WAFERS

BABY'S TEETHING BISCUITS

2 tbsp. honey
1 tsp. vanilla
1 tsp. water
1 egg yolk
1/4 C arrowroot flour
1/4 C tapioca flour
1/4 C sifted barley flour
1/4 C dry milk powder
1/4 tsp. salt
1/2 tsp. baking powder

BABY'S TEETHING BISCUITS (CONT'D)

Mix ingredients thoroughly. It may be dry and crumbly. Form dough into a ball. Roll out on waxed paper about 1/4" thick. Cut in bars 3/4" x 2 1/2", then roll bar to make edges round. Place on ungreased cookie sheet. Bake at 350 F for 15 minutes then turn oven to 140 F and open oven door slightly and let cookies set in oven for 30 minutes longer.

BARLEY BISCUITS

This is a "bread" for people who cannot have wheat or rye.
4 C barley or oat flour
1/2 C oil or Becel margarine
3 tsp. baking powder
1 tsp. salt (scant)
1 tbsp. molasses (omit if you want them crisp)
Dried onion or vegetable flakes (optional)
Cut margarine into dry ingredient. Gradually add 1 1/2 C water. Roll out on waxed paper to 1/4". It is easier to roll out half the dough at a time. Use a cutter that will make about a 4 " circle and cut out as cookies. Place on a cookie sheet. Bake at 350 F for 20 - 25 minutes OR divide dough into 2 portions. Roll out on a non stick cookie sheet with a piece of waxed paper on top. Cut and sprinkle with sesame seeds. Don't wait for them to brown, they don't. Store in a plastic bag, they will turn soft in a day or two. They can be toasted.

COCONUT STICKS

1/2 C each barley, oat, soy and whole wheat flour
1 C coconut
1 tsp. sea salt
1 tbsp. honey or vanilla
1/2 C margarine
2 - 4 tbsp. water
Mix first 6 ingredients then cut in honey and margarine as for pastry. Add water gradually and mix thoroughly. Press into a greased cookie sheet until 1/4" - 1/2" thick. Bake at 400 F for 10 - 12 minutes until golden. Cut into sticks.

If we were to talk more than listen, we would have one ear and two tongues.

CRISPY CRACKERS

Mix dry ingredients:
3 C quick oatmeal
1 C barley flour
3/4 C oat flour
1 C wheat germ or oat bran
1 tsp. sea salt
1 C sesame seeds blended in blender for a few seconds
1 C coconut
Beat together:
1/2 C oil
1 C water or nut milk
1 tbsp. honey
Add to the dry ingredients. Roll out into 2 lightly greased 13" x 17" cookie sheets. Cut in desired shapes. Sprinkle with salt if desired. Bake at 300 F for 30 minutes.

DIGESTIVE BISCUITS

1 C rice flour
1 C barley flour
2 - 3 tbsp. honey
1/4 C oat bran
2 tbsp. oil
1/4 tsp. soda
1/2 C margarine
2 tbsp. skim milk powder or soy milk or tofu milk powder
1/4 tsp. salt
2 tbsp. arrowroot flour
1 tsp. vanilla or other flavouring
Shape into balls and place on cookie sheets. Press flat until quite thin (1/8"). Bake at 350 F until crisp.

DIGESTIVE WAFERS

3/4 C arrowroot flour
1/2 C oat bran
2 tbsp. oil
1 egg
1 tbsp. honey
1 tbsp.maple syrup
1/4 tsp. soda in 1 tbsp. lemon juice
Vanilla
Mix and bake.

GEM DANDIES

1 C cornmeal
1 C whole grain flour
2 C rolled oats
1/2 C sesame seeds
2 C water or stock
1/2 tsp. salt
Whirl the water, oats, salt and sesame seeds in a blender until most of the seeds are chopped but some are still whole. Pour into flour and cornmeal and mix well. Drop by large spoonfuls onto a floured cookie sheet. Bake at 350 F for 1 hour until lightly browned.

GRAHAM WAFERS #1

2 eggs, beaten
3 tbsp. water
1 tsp. vanilla
1/2 C oil or butter
1/3 C honey
1/2 tsp. soda
1 tsp. baking powder
4 - 4 1/2 C barley flour to make a nice soft dough, but firm enough to roll. Roll out 1/8" - 1/4" thick, cut and prick with a fork. Bake at 350 F for 15 - 20 minutes.

GRAHAM WAFERS #2

2 C barley flour
1 tsp. baking powder
1/4 C butter
1/4 C honey
1/4 C water or nut milk
Mix and roll dough to 1/4 " thick. Cut in squares and place on a cookie sheet. Prick with a fork and brush with some milk to help them become a golden brown. Bake at 400 F for 15 - 20 minutes.

Most of us would rather be ruined by praise than saved by criticism.

GRAHAM WAFERS #3

3/4 C oil
1 3/4 C oat bran
1/2 C rice flour
1/2 C cornmeal or 1 C rice flour
3 1/4 C rye flour
1/2 C barley malt or 1/3 C honey
1 tsp. soda in 1 tbsp. lemon juice
2 tsp. baking powder
1 tsp. vanilla
1/2 C water or enough to make a dough that can be rolled
Mix dry ingredients then add water and lemon juice. Roll out and bake.

JUICE PULP CRACKERS

After you have made some fresh vegetable juice (beet, carrot, parsley, celery, spinach etc.) with your juicer, you will have a pulp left over. Convert it into these tasty crackers. Here's how:
Add soaked blended almond or sunflower pulp to your juice pulp (about half and half). Add tamari or soy sauce, herb seasonings, garlic powder etc. Mix and press into little patties or crackers. Place on cookie sheets and dry in a very low heat oven. You can also use a dehydrator or dry above a wood stove. This will take about a day. These are very tasty to eat as snacks or with soup.

OATMEAL CRACKERS

1 1/2 C oatmeal (ground to a course flour in blender)
1 C fine oat flour or barley flour
1/2 tsp. salt
1/2 C water
4 tbsp. oil
1 tbsp. honey
Combine dry ingredients. Combine water, oil and honey. Stir dry ingredients into wet ones to make a ball. Butter cookie sheet and pat out dough in the shape of the pan. Roll to 1/8" thickness with at rolling pin. Cut with a knife in desired shapes and bake 12 minutes in 350 F oven. Cool 5 minutes before removing crackers from sheet.
Variation: Use 2 tbsp. water, 2 tbsp. oil and 1 egg instead of 1/2 C water and 4 tbsp. oil.

RICE CRACKERS

1 C rice flour
1 C all purpose wheat free flour
4 tbsp. oil
1/2 tsp. seasoned salt
Mix and add 2/3 - 3/4 C cold water to make a stiff dough. Roll out as for crackers and bake.

SESAME STICKS

1 tbsp. honey
3/4 - 1 C whole wheat flour
2 C oatmeal
1/2 C sesame seeds
1 C cashews, ground
1/3 C oil
2/3 C water
1 tsp. vanilla
2 tsp. sea salt
Mix thoroughly and knead. Divide dough and roll out on cookie sheets to 1/4" thick. Cut into 1" x 3" strips. Bake 20 - 25 minutes at 350 F. If browning too fast, lower temperature and bake longer. These should be crisp.

SOFT BRAN CRACKERS

3 tbsp. honey
2 tbsp. butter
2 eggs
1/2 C whole wheat flour
1/2 tsp. soda
1/2 tsp. cinnamon
1 C bran
Bake at 375 F for about 5 minutes. Young children can eat this soft cookie that is full of fibre. Add raisins for variety.

Bank accounts are like toothpaste: easy to take out but hard to put back.

TEETHING COOKIES

Blend:
2 tbsp. oil
1 tbsp. honey
1 tbsp. molasses (optional)
1 egg yolk
Stir in:
1 tbsp. soy flour
1 C whole wheat flour
If dough is dry add 1 - 2 tbsp. milk or water. Roll out to 1/4" thickness. Cut with cookie cutters or in small bars. Bake on ungreased cookie sheets at 350 F for 15 - 20 minutes.

VANILLA WAFERS

Combine in blender:
1/2 C honey
3 eggs
1 tbsp. baking powder
1/4 tsp. nutmeg
1 tbsp. vanilla
1/2 C oil or melted butter
Blend well. Add:
1 C oat or barley flour
Blend. Remove from blender into a mixing bowl. Add:
1 1/3 C oat or barley flour
Stir with a spoon. Bake very lightly at 300 F.

WHOLE WHEAT CRACKERS

2 C whole wheat flour
1/3 C butter or 1/4 C oil
1 tsp. sea salt
1 tbsp. honey (optional)
1/2 C nut milk or water
2 tsp. baking powder (this makes the light puffed cracker but they are also good without, too)
Mix dry ingredients then add wet ingredients. Mix and knead a little and roll out on cookie sheets.
Variations:
1. Add 1/2 C ground sesame seeds
2. Add 1/2 C ground sunflower seeds
3. Add 1 tbsp. celery seeds or dried leaves into the dough.
4. Add dried onion and/or cheddar cheese.
5. Add 3/4 C oat bran.

APPLE FRITTERS

1 egg
1/2 C liquid (milk, water or juice)
1 C stirred whole wheat flour
1 1/2 tsp. baking powder
1 1/4 C chopped apples
Beat egg and add liquid. Stir in dry ingredients. Core apples and put through a fine cone on a salad master with peeling on. Drop by spoonfuls into hot oil. Fry until golden on both sides.

CHERRY TRIANGLES

1/3 C water
2 C barley flour
2 - 3 tbsp. maple syrup
1/4 C oil or butter
1 pkg. yeast
2 beaten eggs
1/3 C warm water
1 1/2 C cherry pie filling
In a large mixing bowl, mix dry ingredients. Dissolve yeast in water. Add 1/3 C water and eggs to dry ingredients and add yeast. Stir until well blended. This will be a soft dough - it cannot be kneaded. Cover lightly and refrigerate. Roll dough out on a floured board. Cut into 3 1/2" squares. Place a teaspoon of cherry filling on each square and fold in a triangle. Let them rise until double. Bake at 350 F for 12 to 15 minutes.
Cherry filling: Use 1 qt. cherries thickened with flour and sweetened with honey or maple syrup.
Variation: For a time saver, you may wish to roll out dough and put into an 8" x 8" pan. Put thickened cherries on top. Cover with another layer of dough. Bake and cut into squares.

CINNAMON ROLLS

1 C margarine
3 C hot water or 1 1/2 C milk and 1 1/2 C water
1/2 C honey
6 eggs
1 tsp. salt
3 tbsp. yeast
8 C whole wheat flour or more if necessary

Add margarine to hot water and let melt. Add rest of ingredients. Knead 10 minutes. Let rise 2 hours. Divide dough in 2 and roll out. Brush with margarine and spread with a generous amount of honey and cinnamon. Roll like a jelly roll and slice. Place on cookie sheet and press with hand. Let rise as long as 2 hours. Bake 350 F for 20 minutes.

INSTANT ROSETTES

1 egg beaten slightly
1/2 tsp. honey
1/2 C milk or water
1 tsp. vanilla, anise or lemon extract
1 C barley flour, sifted

Beat until smooth. It should be the consistency of heavy cream. Fry in hot fat using rosette irons. To fry, place 2" of oil in a saucepan. Dip rosette irons into hot oil (350 F - 375 F) until thoroughly heated. Shake off excess oil and dip irons into batter only to the depth of the mould. Avoid getting batter on the top of the mould. Immerse dough covered mould into the hot oil covering completely. When rosettes are lightly brown, lift out the iron allowing excess oil to drip off. Remove rosettes. Repeat process always making sure the irons are hot. If batter does not stick to the mould, oil may be either too hot or too cold. If rosettes are not crisp, you may need to add a little extra liquid. Fill rosettes with maple syrup or honey cooked to a soft boil stage, jam, fruit filling or nuts.

Variation: For crackers, omit vanilla and honey and add 1/2 tsp. garlic, onion or celery salt.

LAURA'S SNOWBALLS

Cream together:
1 tbsp. shortening or oil
2 beaten eggs
1 tsp. vanilla
1 C milk or water
3 tbsp. honey or maple syrup

Add:
2 1/2 C barley flour
1/2 tsp. salt
2 - 3 tsp. baking powder

Beat well and drop by teaspoons into hot lard.

NO FRY DOUGHNUTS

Use your favourite doughnut recipe. Cut and bake on a non-stick pan in the oven. Glaze.
Honey Glaze for Doughnuts:
Soak 1 1/2 tsp. gelatin in 1 tbsp. cold water for 5 minutes. Dissolve by stirring over hot water. Add 2/3 C honey water (1 tbsp. honey and 2/3 C water, melted and cooled.) Spread on doughnuts while they are still warm. Let cool on board.

POTATO DONUTS

Beat:
3 eggs
Add:
1/2 C honey
2 C freshly mashed potatoes
1 C milk or water
3 tbsp. melted margarine
1 tsp. salt
1/4 tsp. nutmeg
5 tsp. baking powder
6 C barley flour
Dough should be soft yet just firm enough to roll. Roll out to 1/2" - 3/4" thick. Cut with donut cutter or jar ring, and a large thimble for the centre hole. Deep fry in hot fat at 350 - 375 F until golden brown.
Note: If frying thermometer is not available, test fat by dropping an 1" square of bread into it. It should brown in 1 minute.

QUICKY STICKY BUNS

3 C barley flour
2 tbsp. yeast (instant)
1 1/4 C water
1/4 C butter
1/4 C maple syrup
1 egg
Topping:
3/4 C butter or margarine
1/2 C maple syrup
3/4 C nuts
1 tbsp. water
1 tsp. cinnamon

QUICKY STICKY BUNS (CONT'D)

In large mixer bowl, measure 1 1/2 C flour. Add yeast and blend. In saucepan, measure water, butter and maple syrup. Heat until warm and pour into flour yeast mixture. Add egg and beat 1/2 minute at low speed, scraping bowl. Beat 3 minutes at high speed. Gradually add remaining flour. Mix well. Cover and let rise until double. Prepare topping by melting butter and mixing in the other ingredients. Pour into a 9" x 13" pan. Drop dough in by tablespoonful. Bake at 350 F for 25 - 30 minutes.

YEAST FREE PUMPKIN DONUTS

3 eggs
2 tbsp. margarine
1 C pumpkin, mashed (or potato)
1/3 C honey
1 tbsp. orange rind or 1 tsp. orange flavour
3 tsp. baking powder
1/2 tsp. soda
1/4 tsp. salt
1/4 tsp. each nutmeg and cloves
1 tsp. cinnamon
4 1/2 C barley or wheat flour
Roll 1/4" to 1/2" thick. Cut with jar ring or donut cutter and deep fry in oil at 375 F for 2 - 3 minutes.
Note: If you need or want to avoid deep fat frying, try baking your donuts in the oven. This is a tasty alternative.

Experience is a fine teacher, it's true
But here's what makes me burn:
Experience is always teaching me
Things I'd rather not learn!

Salads

A TASTE OF SPRING

A salad is a taste of spring...
It makes me think of birds that sing,
Caressing breezes, gentle showers,
A multitude of fragrant flowers...

A leafy salad, fresh and green,
A bit of crunch, a glossy sheen,
A healthy, tasty, lovely thing...
A salad is a taste of spring.

SALADS

RAW VEGETABLE SALADS

A raw vegetable salad is an important part of your diet. It is an excellent combination with a protein OR carbohydrate meal. Dark green vegetables have more nutritional value than the light green. Iceberg lettuce has very few vitamins. Try a combination of romaine, endive, raw spinach, boston bibb, or sprouts to make your salads.

For crisp greens, wash, pat dry and refrigerate in a sealed container or bag. If you wash them just before serving, put a saucer upside down in the bottom of your salad bowl. The moisture can then collect in the bottom while keeping the lettuce dry.

Tear greens, do not cut. Torn edges do not wilt as quickly as cut edges. This way you can make your salad ahead of time (minus the dressing). Just before serving, add the dressing and toss. Garnish with carrot curls, or finely grated carrots, radish roses, hard boiled eggs, sunflower seeds, cheese cubes, parsley or other herbs.

Be creative and stray from a salad recipe. Use the ingredients you have on hand and add a light, not overwhelming touch of dressing.

SPROUTS

Sprouts are an economical salad ingredient. They are especially good for winter time when garden produce is not as readily available. Popular sprouts include alfalfa, mung bean, radish, red clover, sunflower, peas and soybeans. Others are sesame seed, chinese cabbage, fenugreek, garbanzo (chick pea) and lentil. You can buy these untreated seeds at a health food store.

Method for growing sprouts:

1. Soak 1/4-1/3 C seeds in water overnight. Some of the larger kinds of seeds may need to soak longer.
2. Drain and place seeds in a colander lined with a clean cloth. Fold edges of cloth loosely over the seeds. Run water over the cloth and seeds.
3. Set colander on a dish to catch drips. Place in a warm, dark cupboard or cover with a brown bag on a draft-free counter top. If you tend to forget them in a cupboard, keep them on the counter where you will see them.

4. Three times a day, you need to rinse water over the cloth and seeds. This is important to keep them fresh. Do not disturb the seeds or you may break them before they are the desired size.
5. Sprouts are ready to eat when 1 1/4 " long on about the 4th day. Rinse and refrigerate. Hulls may be eaten with sprouts or rinsed out.

Variation:
1. For mung beans you need to pressurize them to get nice fat sprouts. Place a saucer over the beans in the colander and set a brick or stone on top of the saucer. Proceed as mentioned earlier.
2. Set alfalfa sprouts into sunlight the last day or two of sprouting to develop a deep green colour.
3. A canning jar with a mesh or cheese cloth kept in place with an elastic, could be used instead of a colander. This is nice for the finer textured sprouts.
4. Commercially made sprout containers work well if you have one.

SALAD DRESSINGS

ALMOND LEMON DRESSING

1 tbsp. almond butter
1 1/2 tsp. lemon juice
Seasonings of your choice
Thin with water if necessary. This is a nice dressing for bean, carrot, cabbage, etc. salads.

AVOCADO DRESSING

1 C water
2 tbsp. sesame seeds
1/2 C avocado
2-3 tbsp. lemon juice
1/4 tsp. garlic powder
1 small onion
1/4 tsp. salt.
Blend all ingredients until smooth.

Some husbands know all the answers. They've been listening for years.

BASIC MAYONNAISE

1/3 C lemon juice
2 tbsp. honey
2 tsp. dried parsley or celery
1/4 C oil
Mix and store in a cool place.

CLASSIC FRENCH STYLE DRESSING

3/4 C olive oil
3/4 tsp. salt
1/4 tsp. dry mustard
1/4 C cider vinegar or lemon juice
1/8 tsp. black pepper
2 tbsp. herbs of your choice: basil, oregano, onion powder, celery leaves, parsley, etc.
Put salt, pepper, mustard, herbs and vinegar together and beat or put into blender. Add oil and blend again.

COOKED MAYONNAISE

1 tbsp. honey (optional)
2 eggs, beaten
1/4 C lemon juice
2 tbsp. oil or margarine (optional)
1/2 tsp. salt
1 tsp. celery salt or seed
1-2 tsp. dry mustard
3-4 tbsp. flour
1 1/2 C water or nut milk or substitute
Bring water to a boil. Combine the rest of ingredients and pour into boiling water. Cook until thick, stirring often. Cool.

CREAMY SALAD DRESSING

1 egg
1/4 C lemon juice
1 tsp. honey (optional)
1 clove garlic or 1/2 tsp. garlic powder
1/2 tsp. dry mustard
1/2 tsp. salt
3/4 C oil
Mix in blender.

DIABETIC LETTUCE DRESSING

Combine 1 C light cottage cheese, yogurt or tofu with:
1 tsp. oregano
1/2 tsp. thyme
3 tbsp. oil
2 tbsp. pickle relish
1 tbsp. catsup
1 tsp. honey
1 tsp. celery seed
1 tsp. garlic powder
1/2 tsp. onion salt
3 tbsp. lemon juice
1/2 tsp. mustard
Beat until smooth. If too thick, thin with equal parts oil and lemon juice.

DRESSING FOR LETTUCE

1 tbsp. honey
2 tbsp. lemon juice
1 1/2 tbsp. oil (optional)
Mix and add onions and radishes etc. Pour over lettuce.

DRESSING FOR TOSSED SALADS

1 tbsp. cider vinegar or lemon juice
1-2 tsp. honey
1/4 C nut milk or milk
3-4 tbsp. mayonnaise
Salt and pepper to taste
Mix and pour over greens.

FAVOURITE SALAD DRESSING

3/4 C sunflower oil
2 eggs
1/4 tsp. salt
Ground onion flakes or seasonings to taste
1 tsp. lemon juice
1 tsp. basil
1/2 tsp. marjoram
1/4 tsp. rosemary
Beat together until thick, chill and serve. Keep refrigerated.

FRENCH DRESSING

1 C catsup or tomato soup (thick)
1 tsp. onion, grated
1 C salad oil
3/4-1 C lemon juice or cider vinegar
1 tbsp. honey
1 tsp. salt
1 tsp. dry mustard
1 tbsp. soya sauce or tamari
Mix dry ingredients with soya sauce. Combine all ingredients in a jar (or blender) and shake vigorously. Refrigerate. Shake before using.

GOLDEN MAYONNAISE

1 C water
1/4 C flour
Whirl in blender and then boil for 5 minutes. Cool and return to blender adding:
1/2 C raw carrots or apples
1/2 tsp. sea salt
1 tbsp. honey
1 small onion or garlic
1/2 C water
1 tbsp. lemon juice
Whirl until smooth.

LEMON JUICE DRESSING FOR GREENS'N THINGS

Sprinkle the juice of a fresh lemon over a bowl of shredded cabbage, sprouts or lettuce. Toss lightly and add seasonings of your choice.

MAYONNAISE #1

1 tsp. salt (scant)
2 egg yolks
3 - 4 tbsp. lemon juice
1 C oil
For best results, have all ingredients at room temperature. Beat salt into egg yolks, add lemon juice. Add oil very slowly, drop by drop at first until dressing gets thick and shiny. After adding all the oil, (it may curdle) add another egg yolk and continue beating until smooth.

MAYONNAISE #2

1/4 C lemon juice
1 tsp. salt
1/4-1 C mashed potatoes
3/4 C oil
Pinch of herbs
1 tsp. honey
Blend in blender.

MIRACLE WHIP SALAD DRESSING

1 egg plus water to make 3/4 C
3/4 C oil
1/4 C honey
2 tsp. salt
1/2 tsp. dry mustard
1 tbsp. lemon juice
1/3 C arrowroot flour or 1/2 C barley flour
1 C water
1/2 C lemon juice or cider vinegar
Dash of paprika (optional)
1/4 tsp. garlic salt (optional)
Put egg, water, oil, honey, salt, mustard and lemon juice in blender and blend. In saucepan, put flour, water and lemon juice and heat to boiling. Add hot mixture to blender and blend until smooth.

MY FAVOURITE MAYONNAISE

3 tbsp. lemon juice
1/2 tsp. sea salt
2 cloves garlic or small handful of chives
1 tsp. dried or fresh parsley
1 egg
Blend until smooth in blender, then gradually add 1 C oil and blend until thick.

RAW SALAD DRESSING

1 raw egg
1 tsp. salt
1 tsp. honey
4 tbsp. cider vinegar or lemon juice
1 1/4 C oil

RAW SALAD DRESSING (CONT'D)

Blend all ingredients except oil, until well blended. Add oil gradually and blend until smooth and thick.

SALAD DRESSING #1

1 1/2 C oil
2 tbsp. honey (scant)
1 1/2 tsp. paprika
1 1/2 tsp. celery seed
1 tsp. salt
1 1/2 tsp. onion
1/2 C catsup
1/2 C vinegar or lemon juice
Put all ingredients in blender except oil and honey. Blend well and add oil slowly and then the honey. This is good over lettuce or other greens.

SALAD DRESSING #2

1 C oil
2 eggs
1 tsp. dry mustard
1 small onion
1 tsp. sea salt
2 tbsp. honey
2 tbsp. lemon juice
1 tsp. veg-it seasoning
2-5 shakes garlic powder
Liquify in the blender for a few seconds. This keeps well in the refrigerator for a week.

SOY SALAD DRESSING

1 C concentrated soy milk, chilled
1/2 tsp. sea salt
1/2 tsp. onion powder or 1 tsp. raw onion
1/2 tsp. garlic powder or 1 clove garlic
2-4 tbsp. lemon juice
1 tsp. honey (optional)
1/4 C oil, chilled
Put all ingredients in blender except oil and lemon. While blending, gradually add lemon juice and oil.

SUNFLOWER SALAD DRESSING

Blend:
1 C soaked sunflower seeds with:
1/2 C water, or more to bring to the consistency of salad dressing. Use this as a base for any salad dressing. Add your favourite spices, herbs, salt and pepper.
Variation: Add lemon juice, tomatoes, onion, tamari, kelp, etc.

THOUSAND ISLAND DRESSING

1 C mayonnaise
1/2 C tomato paste or chili sauce
1/2 C shredded cheese
2 hard cooked eggs
Blend all ingredients until smooth. Let sit to blend flavours.

TOFU DRESSING

1 C tofu
2-3 tbsp. oil
3-4 tbsp. lemon juice
1 tsp. honey (optional)
1/2 tsp. salt
1/4 tsp. garlic powder
Dash of black pepper
Whirl in blender until smooth.
Note: If tofu was frozen before, you may have to blend longer.

TOFU SALAD DRESSING

Cook 4 oz. tofu in water 2-3 minutes. Drain. Make 1/2 C thick nut milk in blender and add tofu and 1 tbsp. lemon juice. Add 1/4 C fresh chives. Salt, garlic powder, basil, mustard or any other seasoning you wish may be added. Blend until smooth. Add water if too thick. This can also be used as a mayonnaise or a spread.

If you think you are confused, consider poor Columbus. He didn't know where he was going. When he got there, he didn't know where he was. When he got back he didn't know where he had been.

TOSSED SALAD DRESSING

1/3 C catsup (optional)
1 tbsp. honey
1 tsp. salt
1/3 tsp. pepper
1 tsp. celery seed (optional)
4 tsp. lemon juice (more or less to taste)
1/2 C oil
1 tsp. onion or 1 clove garlic
1 tsp. dry mustard (optional)
Place all ingredients in blender and blend well. This will keep a long time in the fridge. It is better to make it 24 hours before serving.

YOGURT DRESSING

1 C yogurt
1/3 C catsup or chili sauce
Salt and pepper to taste
Mix and use for vegetables and salads.
Variation: Add garlic powder, paprika, honey or lemon juice. You can also use the plain yogurt as a salad or fruit dressing.

VEGETABLE SALADS

ALFALFA SPROUTS SALAD

2 C fresh green alfalfa sprouts
1 C shredded carrots
1 C cubed avocado or grated raw beets
Dash of lemon juice (optional)
Toss lightly with your favourite salad dressing.

BASIC CHICKEN SALAD

3/4 - 1 C chicken
1 C celery or finely grated carrots or cooked peas
1 small onion
2 tbsp. pickles (optional)
1/2 C mayonnaise
1 tbsp. lemon juice (optional)
1/2 tsp. dill weed
Toss and chill. Serve on a bed of greens.

BEAN SPROUT SALAD

4 C mung bean sprouts
2 C grated carrots
1/2 C raw cauliflower
1/2 C fresh green beans
Toss with creamy dressing seasoned with chive or onion. Serve on a bed of lettuce.

BEANS AND GREENS SALAD

2 C green beans, cooked and drained
1/2 C onions
2 tbsp. oil
2 tbsp. lemon juice or vinegar
3/4 tsp. salt
1/3 tsp. pepper
4 hard cooked eggs
1/4 C salad dressing
1 tsp. prepared mustard (optional)
Crisp greens
Paprika
Combine beans, oil, lemon, juice, salt and pepper. Toss lightly. Cover and chill. Mix remaining ingredients, except greens, paprika and eggs. Just before serving, drain beans and toss with dressing. Line your salad bowl with greens and spoon beans into bowl. Top with eggs and paprika.

BEET AND CABBAGE SALAD

Mix 6 small beets, cooked and diced with:
1 small onion, diced
1 1/2 C shredded cabbage
Add 1 C salad dressing, mix and serve.

BROCCOLI SALAD

1 bunch fresh broccoli, washed
1/2 C chopped onion
1 C celery, chopped
1 lb. bacon, fried crisp drained and crumbled (optional)
1/2 C sunflower seeds
1/2 C raisins

BROCCOLI SALAD (CONT'D)

Dressing:
3/4 C mayonnaise
2 tbsp. honey (optional)
2 tbsp. lemon juice
Pour dressing over salad ingredients. Toss and serve.

BROCCOLI AND CAULIFLOWER SALAD

1/2 bunch broccoli, chopped
1/2 cauliflower, chopped
1 C salted sunflower seeds or peanuts
10 strips bacon, fried and crumbled (optional)
1 small red onion, chopped
Toss with favourite dressing.
Variation: Carrot may be added for extra colour.

CABBAGE AND LIMA BEAN SALAD

1 small head cabbage, shredded
1/2 C finely chopped parsley or 1 tbsp. dried
1 1/4 C green lima beans, cooked
1/2 tsp. salt
1/2 C green onion tops or 1 small onion
1/2 C radishes (optional)
Mix and cover for 1 hour. Mix with sour cream or your favourite salad dressing and serve.

CAULIFLOWER SALAD

1 large head lettuce
1 head cauliflower and/or broccoli
1 small onion
2 C mayonnaise
1/3 C parmesan cheese or hard boiled eggs
1 lb. bacon, fried and crumbled (optional)
Mix and serve.

CELERY AND GREEN BEANS

2 C green beans, cut in 1" pieces
2 C celery, chopped
1 tsp. salt
1/2 C water
1 tbsp. margarine or nut butter

Bring water to a boil. Add vegetables. Boil gently 15-20 minutes until crisp tender. Salt may be added if desired. Add margarine and serve.

Variation:
1. Blend 1/2 tbsp. flour with 2 tbsp. water and add to 1/2 C soy milk. Let simmer briefly to thicken.
2. A sprig of dill or summer savory added the last 5 minutes while cooking adds flavour.

CELERY SALAD

Chop very fine, 1 bunch celery including leaves. Add mayonnaise, celery seed, onion or garlic, salt, pepper, parsley and a hard boiled egg (optional). Toss and serve.

CHEWY RICE SALAD

1/2 C brown rice
1 C meat, cubed
1/2 onion, chopped
1/4 C green pepper, chopped (optional)
1/2 C celery, chopped
1 tsp. parsley
Dressing:
1/2 C mayonnaise
1/2 tbsp. soya sauce
1/4 tsp. thyme or poultry seasoning
Salt and pepper to taste
1/2 C sour cream or substitute (optional)

Cook rice and refrigerate several hours. Combine meat, vegetables and dressing. Toss together with rice and chill.

Variation: Add spinach.

CHICK PEA SALAD

1 C cooked chick peas
2 tbsp. chopped green peppers
2 chopped tomatoes
1 diced carrot
5 springs parsley
4 stalks celery, chopped
1 small cucumber (optional)

Toss with your favourite salad dressing. Serve on lettuce and garnish with radish roses.

CHILI BEAN SALAD

2 1/2 C cooked, dried beans, drained and chilled
6 hard boiled eggs
1 medium onion, minced
1 tbsp. chili sauce
1 tbsp. mayonnaise
1 tsp. dry mustard
1/4 tsp. salt
Greens to line a salad bowl
3 tbsp. parsley for garnish
Toss and chill.

COLD SUPPER SALADS

Most left over, cooked rice, potatoes and/or vegetables can be tossed with meat cubes for a quick salad. Add eggs and onions for garnishes. Serve on a bed of greens. Be creative!

COLE-SLAW

4 C shredded cabbage (red and green for colour)
1-2 shredded carrots
1 small onion, chopped
2 cloves garlic
1 tsp. salt
1/2 tsp. pepper
1 tsp. celery seed
1 C celery, chopped
1 medium apple (optional)
1/2 C peanuts or other nuts (optional)
Stir in enough mayonnaise to make a creamy salad.

Blessed are they who serve laughter and smiles with every meal; for their cheerfullness is an aid to mental and physical digestion.

CONFETTI BEAN SALAD

2 C yellow beans, reserve liquid from cooking
2 C green beans, reserve liquid from cooking
2 C kidney beans, drained
2 C lima, soy, navy beans, chick peas or combination
1 small onion and/or 1 clove garlic, chopped fine
1 green pepper (or part red pepper), chopped fine
1/2 C honey (try apple juice for sweetener)
2/3 C oil
3/4 - 1 C lemon juice
1 1/2 tsp. salt
3/4 tsp. pepper
1 1/2 tsp. celery seed

Combine beans and chopped vegetable in a large bowl or crock. Mix remaining ingredients, including reserved liquid and pour over beans. Let stand 24 hours. Drain before serving. Keep the juice to pour over the leftover beans.

Variation: Omit honey and cut down lemon juice to 1/2 C. Add tarragon, basil and parsley.

CUCUMBER GARDEN SALAD

Chop:
1 C cucumbers
1 C carrots
1 C tomatoes

Add enough olive or soy oil to moisten and add lemon juice, salt, pepper, parsley or other herbs. Mix well.

CUCUMBER SALAD

Peel and take out the seeds of 2 large cucumbers. Shred the cucumbers and add 1 tsp. salt. Let sit for 1 hour.
Pour off the juice and add:
1 small onion
2-3 cloves garlic
1 tsp. celery seed
Salt and pepper to taste
Fresh or dried parsley
Celery (optional)
1 tbsp. maple syrup (optional)
1 tsp. cider vinegar (optional)
1/2 C mayonnaise (scant)
1-2 tbsp. nut milk or cream (optional)
Mix and let sit several hours.

DANDELION SALAD

For one serving:
Chop dandelion leaves and add 1 tbsp. lemon juice and 1 tbsp. olive oil. Mix and serve.
Variation: Add chopped celery, onion, or hard boiled egg.

DELUXE BEAN SALAD

4 C yellow pickled salad beans, chopped and drained (see recipe from canning section)
1 small onion, chopped
2 cloves garlic, chopped
1/2 - 1 C chopped dill pickles
1 C chopped spinach or other salad greens
4 tbsp. mayonnaise
2 tsp. cider vinegar (optional)
1 tbsp. maple syrup (optional)
1/2 C celery (optional)
2-3 hard boiled eggs, chopped
Salt and pepper to taste
1/4 C chili sauce (optional)
Combine and let sit several hours to let flavours blend.

FRESH PEAS'N GREENS

1 head lettuce
1 C endive
1 C dandelion
1 C fresh podded peas
1 C grated cheese or tofu
Add your favourite dressing and toss just before serving.

I know not what next may come
Across my pilgrim way.
I do not know tomorrows road
Nor see beyond today.
But this I know, my Savior knows
The path I cannot see,
And I can trust His wounded hand
To guide and care for me.

FRUITED CABBAGE SALAD

12 C shredded cabbage
2 oranges, peeled and cut into segments
1/2 C chopped celery
2 tbsp. minced parsley
1/4 C maple syrup (optional)
2 tbsp. cornstarch
1/2 tsp. salt
2 eggs, beaten
1/2 tsp. mustard
2 C apple juice
2/3 C cider vinegar or a little less lemon juice
2 red apples, cut in wedges or pineapple chunks
Combine dry ingredients. Stir in apple juice and vinegar. (Orange or pineapple juice may be substituted for vinegar.) Beat in eggs. Cook until mixture coats a spoon. Cool. Fold into salad.

INDIVIDUAL TOMATO SANDWICHES

1 tomato
4 tbsp. scramble tofu or cottage cheese
Hard boiled egg slices
2 onion rings
Season salt
Slice tomato in thirds. Alternate layers with cheese, onion and egg. Garnish with carrot curl on lettuce leaves. This is enough for 1 serving. Looks like a triple layered tomato sandwich without the bread.

LAYERED LETTUCE SALAD

1 head lettuce torn in bite size pieces
1 C celery
4 eggs, cooked and diced
1 C frozen, uncooked peas or cooked chick peas
1/2 C green pepper diced (optional)
1 sweet onion
2 cups mayonnaise
Cheddar cheese (optional)

LAYERED LETTUCE SALAD (CONT'D)

Layer the first 6 ingredients in a bowl or 9" x 13" pan. Spread mayonnaise on top as a frosting. Garnish with parsley, egg,cheese and peas. Cover and refrigerate 6 hours.

Variation:
1. Add cauliflower and shredded carrots.
2. Substitute finely stringed carrots in place of grated cheese for garniSH.
3. Omit celery and peas and use chopped tomatoes and mushroom sliced instead.

MARINATED CHICK PEA SALAD

2 C cooked chick peas
1 medium onion, chopped
1/2 C chopped pimento or 2 peppers
2 tbsp. olive oil
3 tbsp. lemon juice
Salt to taste
Combine and marinate a few hours. Serve on lettuce leaves.

MARINATED TOFU

1 1/2 C tofu, cubed
2 tbsp. pickle relish
2 tbsp. onion, minced
1/2 tsp. garlic powder
1 tsp. tamari or soy sauce
1-2 stalks celery, chopped
3/4 tsp. salt (scant)
1/4 C oil or 1/2 C soy dressing or mayonnaise
Pepper, parsley, paprika to taste
Combine and let sit several hours before serving.
Note: If you freeze the tofu the night before you want to use it, it will then absorb the flavours better. Squeeze excess liquid from tofu before serving.

Salvation:
God thought it;
Christ bought it;
The devil fought it;
Have you got it?

MARINATED TOMATOES

6 large ripe tomatoes
1-2 cloves garlic, minced
1/2 tsp. dried thyme or 2 tbsp. fresh
3/4 tsp. dried parsley or 3 tbsp. fresh
1/4 tsp. black pepper
1/4 C onions or chives
1 tsp. salt
1/4 C lemon juice or vinegar
1/3 C oil

Peel and slice tomatoes 1/2" thick. Place in a shallow dish. Combine onion, garlic and spices and sprinkle over tomatoes. Combine oil and lemon juice and pour over tomatoes. Cover and refrigerate 2 or more hours. Spoon marinade over tomatoes occasionally. Great as a salad or on sandwiches.

MARVEL POTATO SALAD

Bring to a boil:
2 C water
1/2 C lemon juice

Mix:
2 tbsp. honey
2 round tbsp. flour
1 1/2 tsp. dry mustard
1 tsp. salt
1/2 tbsp. celery seed
2 eggs, beaten

Add to boiling water and cook until thick. Pour over 2 qts. cooked and salted, diced but still warm potatoes. Serve warm or cold.

Variation: Add 1 C chopped celery, 1/4 C onion, 3 hard boiled eggs, or shredded carrots.

MEAT AND POTATO SALAD

2 C ground, cooked meat
4 potatoes cooked and diced
1 small onion or leek
2 tomatoes and/or green pepper

Add mayonnaise and mix to desired consistency.

Variation: Use macaroni or rice in place of potatoes.

MIXED VEGETABLE SALAD

1 pkg. frozen mixed vegetables, cooked, drained and cooled
1 C diced celery
1 small onion
2 C kidney beans
Dressing:
1/4 C honey
1/3 C vinegar or lemon juice
1/3 C water
2 tbsp. prepared mustard
2 tbsp. flour
1/4 tsp. salt
Cook until thick. Cool. Pour over vegetables and refrigerate several hours or overnight.

MOM'S POTATO SALAD

Mayonnaise:
1 egg
1/4 C honey (optional)
2 tbsp. lemon juice
1 tsp. salt
1/4 tsp. onion or garlic powder
1/4 tsp. basil
1/2 tsp. tumeric for yellow colour (optional)
Fresh parsley for green colour
Put the previous ingredients in the blender and mix on low speed for 30 seconds. Shift to high speed and slowly add:
1 C oil
Scrape sides of blender while mixing. Add enough of this mixture to your cooked, grated potatoes until moist enough. You can add any or all of these to your salad: raw onion, garlic, carrots, celery, parsley, meat, hard boiled eggs, etc.
Note: This mayonnaise can also be used any other time you need mayonnaise.

OLD FASHIONED CRACKER SALAD

1 C celery, chopped
1 1/2 C tomato juice
18 soda crackers or any other cracker equivalent to this
1/2 C mayonnaise
1/4 C chopped sour pickles or olives

OLD FASHIONED CRACKER SALAD (CONT'D)

Break each cracker into 4-5 pieces. Mix tomato juice with salt pepper and honey (optional). Pour over crackers. Add mayonnaise and mix lightly.

OVERNIGHT CARROT SALAD

8 C carrots sliced
1 green pepper, chopped
1 C celery, chopped
1 spanish onion, chopped
1/2 C parsley
1 1/2 C tomato soup or juice
1 tsp. prepare mustard (optional)
1/2 C lemon juice or cider vinegar
1/2 C oil
1/4 C honey
1/2 tsp. salt
1 tsp. soy sauce or tamari (optional)
1 tbsp. catsup (optional)
1 tsp. celery seed
Cook carrots 8 minutes. Add rest of ingredients and mix well. Store in a jar or covered container in the fridge. Keeps a long time.

PASTA SALAD

1 1/2 C uncooked macaroni (shells, twists, elbows)
1 hard boiled egg
1 small onion, diced
1 C shredded lettuce
1 tomato
2 tbsp. mayonnaise
1 tsp. prepared mustard
Salt and pepper
Paprika
Bacon crumbles (optional)
Cook, drain and cool macaroni. Combine all the rest of the ingredients with macaroni. Toss lightly and chill. Serve on a bed of lettuce. Sprinkle with paprika.
Variation: Add tuna, chicken or cubed cheese.

An apology is a good way to have the last word.

PICKLED EGGS

Red:
3/4 C beet juice, drained from a can of beets
3/4 C hot water or more - depending on deepness of red desired
1-2 tbsp. lemon juice or cider vinegar
1/2 tsp. sea salt
6-9 eggs, hard boiled and shelled
Mix first 4 ingredients. Place eggs in jar and pour juice over them. Refrigerate.
White:
1 1/2 C hot water
1-2 tbsp. lemon juice
1/2 tsp. salt
6-9 eggs, hard boiled and shelled
Follow same procedure as red eggs. When serving on a plate, cut length wise and sprinkle with paprika and parsley and alternate red and white.

POTATO SALAD

To your cooked, shredded potatoes add:
sea salt
basil
cayenne
rosemary (scant)
onion and/or garlic
celery
parsley
apple syrup or honey
oil and/or water
mayonnaise
lemon juice or cider vinegar
Mix together to get the taste and consistency you desire.

RAW CARROT SALAD

2 C finely grated carrots
2 stalks celery including the leaves
1/3 C fennel or 1 bulb celeriac
onion and/or garlic
1/4 C mayonnaise
Mix and serve on a bed of lettuce. Garnish with radish.
Variation: Try 1/2 carrots and 1/2 turnips.

RICE SALAD

1 C rice
3 C cold water
1/2 tsp. sea salt
Cook until tender.
2/3 C diced celery
3 tbsp. mayonnaise
1 tbsp. french dressing (optional)
1/2 C peas, cooked
3 tbsp. chopped sweet pickles
1 tsp. onion, chopped
Mix all together and place on a plate lined with lettuce. Garnish with tomato wedges and/or hard boiled eggs.

RICE AND CHICKEN SALAD

3 cups cooked rice
1 C cooked chicken, chopped (or flaked tuna or salmon)
4 hard boiled eggs
1/2 C celery
2 tbsp. relish (optional)
1/2 - 2/3 C mayonnaise
1/2 tsp. lemon juice
Paprika for garnish
Toss and chill.
Variation: Use potatoes instead of rice. Add 1/2 C finely grated carrots in place of celery. Garnish with cucumber slices.

RICE VEGETABLE SALAD

3/4 - 1 C salad dressing
1 1/2 - 2 C cooked rice
1 1/2 C peas, cooked and drained.
2 tbsp. chopped green onion
1/4 C mushrooms
1/4 C diced cucumbers
Combine 1/2 C dressing with rice and peas and chill. Add remaining ingredients and serve on a bed of lettuce. Garnish with tomato.

Worry is like a rocking chair;
it gives you something to do
but gets you nowhere.

SALAD NICOISE

4 C tender green beans, cut into 1" pieces
1 C tuna or other chopped meat
4 C cooked diced potatoes
1/2 C oil and lemon juice dressing
Cook green beans until crisp-tender. Drain and add dressing to hot beans. Mix in remaining ingredients. Serve hot or cold.
Variation: When serving cold, put on a bed of lettuce in a salad bowl and add a few finely chopped apples (sprinkled with lemon juice).

SOUR KRAUT MARINADE

2 1/2 C sauerkraut, drained
Heat on stove:
1/4 C honey
2-4 tbsp. lemon juice
Pour over sauerkraut and add:
1/4 - 1/2 C oil
1 C grated carrots
1 C celery, chopped
1/2 C chopped onion
Refrigerate 12 hours before serving. Goes well with meats, especially spare ribs. Keeps well.

SPAGHETTI SQUASH SALAD

3 C cooked spaghetti squash
2 C cauliflower, cut in bite sized pieced, parboiled
1 C celery, sliced thin
1 medium onion
1 green or red pepper, diced
1 tsp. dill weed (optional)
Dressing:
2 - 4 tbsp. honey
1 tsp. salt
1/2 C oil
1/2 C vinegar or lemon juice
1 tsp. paprika
(You may want to use any of your own dressings or mayonnaise.)
Shake dressing ingredients well in a jar with a tight lid. Pour over vegetables. Chill well before serving.

SPINACH SALAD

6 C chopped fresh spinach
4 hard boiled eggs, chopped
6 slices fried bacon, crumbled, or other meat pieces
1 onion, chopped
1 C alfalfa sprouts
Toss with your favourite dressing.
Variation: Use half lettuce and half spinach. You can use celery in place of sprouts.

STUFFED CELERY SALAD

Clean and de-string celery. Place in a small dish, finely chopped parsley and in another dish, finely grated carrot. Mix some honey with cottage cheese or mayonnaise and fill centre of celery stalks. Top with grated carrot and sprinkle with parsley. Cut in strips about 2" long and arrange on lettuce leaves and serve.

STUFFED EGGS

15 egg yolks, mashed
4 tbsp. mayonnaise
3/4 tsp. salt
1/8 C honey (optional)
2-3 tbsp. lemon juice
1 tbsp. celery seed
1 tbsp. dry mustard
Mix and put back into egg white. Garnish with paprika and parsley.
Variations:
1. For salad egg sailboats, choose a triangle shaped cracker or a piece of cheese cut into a triangle and set on top of your stuffed egg.
2. Use butter to moistened your egg yolks and season with seasoned salt.
3. Mix chicken soup base and water with egg yolks for filling.
4. Use your favourite mayonnaise added to the yolks.
5. You can also just add water or nut milk to the yolks.

The yolk of Christ will not fit on a stiff neck.

SUNNY GOLD HARD BOILED EGGS

For an excellent golden centre in hard boiled eggs, follow these instructions: Put eggs in cold water and place on high until boiling. Immediately turn down to low heat. Cook slowly for five minutes. Turn off heat and let sit 12-15 minutes. Peel and eat or cool for later use.
Note: This method will also help to make the eggs peel nicer.

TOFU'N SPROUTS SALAD

1 C raw sprouts
1 C tofu, cubed (if frozen before hand, squeeze out liquid)
1 C peas, slightly cooked and chilled
1 C lettuce, torn into bite sized pieces (optional)
2 stalks celery
Green pepper and cucumber
Toss with French Dressing.

TOMATO CUPS

Cut a tomato in half and scoop out the pulp. Fill with your favourite potato, macaroni or rice salad. Garnish.
Variation: Trim out stem and cut tomato in 6 wedges to within 3/4" from the bottom. Spread out to form a flower and top with salad.

TUNA OR SALMON SALAD

1 C tuna or salmon or any cooked fish
1 C cooked kidney beans
1 small onion
1/2 C celery, chopped
1/2 tsp. salt
Pepper
Mayonnaise
Combine all ingredients and toss with mayonnaise. You can also add shredded carrots, green pepper or cabbage, if desired.

Minds and parachutes help when open.

WARM MUSTARD DILL POTATO SALAD

2 lbs. potato (approximately)
2 tbsp. oil
1 large onion, thinly sliced
2 tbsp. cider vinegar
1 tbsp. flour
1/2 tsp. dry mustard
1 tbsp. molasses
1 C water, or as much as needed
1/4 C chopped fresh dill, or dried dill to taste
Black pepper
1 tsp. salt

Cook potatoes, when cool enough to handle, chop or slice. Saute onions in oil, just until limp. Meanwhile, mix vinegar, mustard, flour, molasses and water. Stir into oil and onion and boil until thickened. Mix into potatoes and add dill. If you're not serving immediately, refrigerate. This is best when served at room temperature.

WINTER SALAD

1 C cabbage
1 C apples, unpeeled
1/2 C turnip
1/4 C peanuts or sunflower seeds
1/4 C raisins
1/4 C mayonnaise

Mix and serve.

Variation: Omit apples and double cabbage. Add 1/2 tsp. celery seeds.

JELLIED SALADS

APPLE SAUCE SALAD

1 C boiling raspberry or cherry juice
1 1/2 tbsp. gelatin
1 1/2 C applesauce
1 tsp. lemon juice
1 tsp. natural orange flavour
1 C celery

APPLE SAUCE SALAD (CONT'D)

Dissolve gelatin in boiling juice. Blend in apple sauce, lemon juice and orange flavouring. Chill until partially set. Add celery and chill until firm. Serve with mayonnaise. This is good served with chicken.
Variation: Omit celery and use as a dessert.

BEET SPARKLE

1 tbsp. gelatin
1/4 C water
1/2 tsp. salt
1/4 C honey (optional)
1/4 C lemon juice or cider vinegar
2 C diced beets (scant)
3/4 C chopped celery
1 tbsp. minced onion
1 tbsp. horse radish (optional)
Stir gelatin into water and place over low heat, stirring until dissolved. Stir in salt, honey and lemon juice. Drain cooked beets, reserving liquid to measure 3/4 C (or add water to make 3/4 C). Stir beet liquid into gelatin. Chill slightly. Stir in beets, celery, onion and horse radish. Chill until set.

CARROT GEL

Blend together:
2 C diced carrots
2 C diced apples
1 C apple juice
Dissolve 3/4 tbsp. gelatin in cold water. Mix in 1/4 C hot water. Add to the other ingredients. Chill. Serve in a bowl or on lettuce leaves.

CRANBERRY SALAD

2 pkg. knox gelatin
1 3/4 C boiled cranberry juice
1 3/4 C cold cranberry juice
1/3 - 1/2 C maple syrup or honey
2 C ground cranberries (measure before grinding)
2 C crushed, drained pineapple
2 stalks celery, grated
1 C nuts

CRANBERRY SALAD (CONT'D)

Stir hot juice into gelatin and add cold juice and cool. Add honey to ground cranberries. Let set awhile. Add all other ingredients. Place in mold and chill.

CRANBERRY TURKEY MOLD

1 1/2 tbsp. gelatin
3/4 C water
Cranberry Layer:
1 C whole cranberry sauce, apple juice, apple sauce or tomato juice (if using apple juice you may need to add more gelatin)
1 tbsp. lemon juice
1 medium apple, diced
Turkey Layer:
1/2 tsp. salt
1/8 tsp. poultry seasoning
Dash of pepper
1/2 C cream or substitute
3/4 C salad dressing
2 1/2 C diced cooked turkey, chicken or other poultry meat
3/4 C diced celery
Sprinkle gelatin over water and place over low heat, stirring until dissolved. Remove from heat and measure 1/4 C of mixture for cranberry layer. Set aside remaining mixture for turkey layer. (Keep gelatin dissolved.)
Combine measured 1/4 C gelatin mix with cranberry sauce and lemon juice. Chill until partially set and stir in diced apples. Turn into a 5" x 9" loaf pan. Chill until set.
Stir salt, poultry seasoning and pepper into remaining gelatin. Add cream and salad dressing. Beat with an egg beater if necessary. Chill until partially set, then stir in turkey and celery. Pour on top of cranberry layer and chill until set. Unmold onto platter and garnish with parsley.
Note: A salad mold may be used instead of a loaf pan.

God looks at our willingness,
rather than our ability.

DEVILLED EGG MOLD

1 tbsp. gelatin
1 C cold water
1 tsp. salt
1/8 tsp. cayenne pepper
2 tbsp. lemon juice
3/4 C mayonnaise
2 tbsp. minced onion
1/2 C chopped celery
6 hard boiled eggs, chopped

Dissolve gelatin in cold water. Place over low heat and stir until dissolved. Stir in salt, cayenne pepper and lemon juice. Cool slightly. Gradually blend into mayonnaise with egg beater until smooth. Chill until partially set. Fold in onion, celery and hard boiled eggs. Chill until set. Unmold on crisp lettuce leaves and garnish with green pepper rings if desired.

EASY JELLIED TOMATO SALAD

4 C tomato juice
1 C tomato paste (see recipe in canning section)
1 C cooked carrots, shredded
1 C apple juice (optional, but very good)

For every 2 C of liquid, add 1 tbsp. gelatin. Pour into molds and let set. Steamed tomato chunks may be added, if desired.

Variations:
1. For a two tone salad, use some yellow tomato juice for top half of salad. Thicken with gelatin and let set before putting red part on top. Add a shake of tumeric to yellow part to add colour.
2. Pour the salad into a cake pan and let set. Then mix:

2 C mayonnaise
1 C chopped celery
Parsley

Soak 1-1 1/2 tbsp. gelatin in water or pineapple juice. Dissolve in 1 C boiling water or pineapple juice and add to mayonnaise mixture. Let cool then pour over the set tomato layer in the pan. Chill. Cut into squares or take cookie cutter and cut designs. Put a spring of parsley on each square or shape. Hard boiled eggs may be added to mayonnaise mixture.

The best way to save face is to keep the lower end closed.

FRESH CRANBERRY SALAD

1 pkg. fresh cranberries, washed and sorted (12 oz.)
1/2 C honey
1 C boiling water
2 C boiling orange juice
1 1/2 tbsp. gelatine
2 3/4 C oranges, cut in small pieces
1 C walnuts, pecans or other nuts, chopped
1 can (8 oz.) crushed pineapple, undrained
Grind cranberries in food grinder and stir in the honey. Set aside. Dissolve gelatin in water and orange juice. Cool until mixture begins to thicken. Add to cranberry mixture. Add oranges, nuts and pineapple. Stir well. Pour into lightly oiled molds. Chill overnight.

GOLDEN GLOW SALAD

2 C boiling orange juice, unsweetened
2 1/2 tbsp. gelatin, soaked in part of pineapple juice
2 C pineapple juice, unsweetened
Chill until slightly thickened. Add:
2 C grated carrots
2 C crushed pineapple
2 C peas (optional)
1/2 tsp. salt
Mix and chill until set.

JELLIED CABBAGE SALAD

4 C apple juice
2 tbsp. gelatin
1 tsp. salt (optional)
1 tbsp. lemon juice
Soak gelatin in some of the cold apple juice. Bring one cup of apple juice to a boil. Pour over soaked gelatin. Mix all together. Let cool and set slightly. Add:
1 C (or more) shredded green cabbage
1/2 C (or more) shredded red cabbage
1 C carrots
Onion or garlic (optional)
1/2 C raw chopped apples
1/2 C celery
1/2 C mayonnaise (optional)
Mix well. Pour into mold and let set.

JELLIED FISH SALAD

2 C hot water
3 tbsp. gelatin, dissolved in the hot water
2 C canned or cooked fish (bones removed)
2 C mayonnaise
Parsley, salt and pepper to taste
Blend all together in blender until smooth. Pour into a greased loaf pan or 6 cup salad mold. Chill until set. Turn out on salad greens. Excellent sliced for sandwiches.
Variation:
1. Add hard boiled eggs and onion.
2. Substitute tofu for fish.
3. Substitute other meat for fish.

JELLIED PINEAPPLE RINGS

1 can pineapple rings, drained
1 C fruit juice - strawberry, apple, pineapple, cherry, plum etc.
3/4 tbsp. gelatin soaked in 1/4 C of the fruit juice
Bring the rest of the fruit juice to a boil. Add soaked gelatin and stir until dissolved. Pour into can of drained pineapple rings until rings are completely covered. Chill until set. Remove from can and slice between each ring. Use as a salad.
Variation:
1. Add tumeric to a light fruit juice like pear or pineapple to make it yellow.
2. Serve pineapple rings without jello as a salad or dessert.
3. Add algae powder or spinach juice to pineapple juice to make a green jello.
4. These can also be served as a dessert.
5. Add mayonnaise to fruit juice before pouring into cans.

LEMON EGG SALAD

1/3 C lemon juice
1 C boiling water
1 1/2 tbsp. gelatin soaked in 1/2 C cold water
Combine and let cool and set slightly. Add:
1 C mayonnaise
1 C shredded carrots
1 C celery
3 hard boiled eggs, mashed
1/2 tbsp. onion
Shake of salt, pepper, celery seed

LEMON EGG SALAD (CONT'D)

Put into a 5 cup mold. Chill.
Variation: Use pineapple juice instead of water.

MEAT MOLD

1-1 1/2 C cooked chicken or other meat
1 C chopped celery
1/2 C chopped almonds or pecans etc.
1/2 C chopped green pepper, pineapple, peas etc.
2 tbsp. unflavoured gelatin
1/2 C cold water
2 C boiling water
3/4 C mayonnaise
Parsley, lemon juice, paprika to taste
Soften gelatin in cold water. Set over hot water and stir until dissolved. Add to the hot water and stir in all the other ingredients. Chill. Unmold onto a platter of greens.

PINEAPPLE CABBAGE SALAD

1 C boiling pineapple juice
1 1/2 tbsp. gelatin
1 C mayonnaise
1/2 tsp. vinegar, or lemon juice
5 C cabbage, shredded
1/2 C celery or carrots
1/2 tsp. salt
Mix gelatin with pineapple juice and chill until partially set. Add mayonnaise and lemon juice. Mix in the vegetables and salt. Pour into molds or loaf pan and let set.

RIBBON SALAD

Yellow part:
1/4 C lemon or lime juice
1 C boiling water or pineapple juice
1 tbsp. gelatin
1 C pineapple, drained (save juice for white part)
1/2 tsp. tumeric to make it yellow or dried algae or spinach juice to make it green
1/2 tbsp. sweetener (optional)
Soak gelatin in lemon juice then dissolve in boiling water. Add the rest of the ingredients and pour into an 7" x 11" or 9" x 13" pan, or a 6 cup salad mold. Chill until set.

RIBBON SALAD (CONT'D)

White part:
1 C hot pineapple juice or part water
1 tbsp. gelatin soaked in 2 tbsp. water
1/2 C salad dressing
8 oz. tofu or cream cheese
Blend tofu and salad dressing in the blender and add hot pineapple juice and gelatin. Cool and pour over the yellow part.
Note: If you freeze the tofu for 24 hours before using, it will absorb the other flavours better. You could also omit the tofu or cream cheese and use 1 C more salad dressing, but you need to increase gelatin slightly.
Red part:
2 C strawberry juice or part beet juice or any red fruit juice
1 tbsp. gelatin soaked in 1/2 C fruit juice
Bring the 1 1/2 C juice to a boil. Add gelatin and juice. Cool well before pouring on top of white part as the white may melt if red part is too warm.
Variation: Change order of colours if using a salad mold so that the red part is on the top when serving.

SIMPLE THREE LAYER SALAD

Bottom:
1 C hot tomato juice
Tomato paste
Cooked shredded carrots
1 tbsp. gelatin
Heat tomato juice and add gelatin and stir until dissolved. Mix will the rest of the ingredients and pour into 8" x 8" pan. Cool until set firm.
Centre:
1 C hot water or pineapple juice
1 tbsp. gelatin dissolved in hot water
1/2 C salad dressing or part tofu
1/2 C chopped celery (optional)
1 tsp. minced parsley (optional)
Combine and cool and pour over red part. Let set firmly before adding next layer.

To entertain some people, all you have to do is listen.

SIMPLE THREE LAYER SALAD (CONT'D)

Top:
1 1/2 C hot yellow tomato juice or pineapple or apple juice
1 tbsp. gelatin (scant) dissolved in juice
1/2 tsp. tumeric (optional)
Combine and cool before pouring on top of white layer or it will melt.
Note: This will fill a 5 C salad mold. If using a mold, reverse layers so the yellow will be on top when serving.

SUNSHINE SALAD

2 tbsp. gelatin
1 C orange juice
1/2 tsp. salt
Juice of 1 lemon
1 can pineapple chunks in juice (14 oz.)
1 can mandarin oranges, drained, or 1-2 regular oranges or tangerines peeled, sliced and deseeded.
1 C coarsely grated carrots
1/2 C celery
Soak gelatin in orange juice. Place over low heat and stir until gelatin is dissolved. Stir in salt and lemon juice. Drain pineapple and stir in reserved juice into hot gelatin mixture. Chill until partially set. Dice pineapple chunks and add to gelatin along with oranges, carrots and celery. Chill until set.

TOMATO CABBAGE SALAD

1 1/2 C boiling water, or part apple juice
1/2 C lemon or lime juice
1 tbsp. gelatin
Mix and add raw diced apples, raw tomatoes and shredded cabbage. Add sweetener if desired.

TOMATO JELLY

3 C tomato juice
1 small onion, chopped
3 stalks celery, chopped
1 tbsp. gelatin
1 tbsp. cider vinegar
1 tbsp. honey (optional)
1 tsp. salt

TOMATO JELLY (CONT'D)

Bring to a boil first 3 ingredients. Stir in gelatin that has been dissolved in 1/4 C water for 5 minutes. Add vinegar, salt and honey. Stir well and let set in jelly mold.

TOMATO JUICE AND EGG PINWHEEL SALAD

6 C hot tomato juice
3 tbsp. gelatin
1 1/2 C chopped celery (optional)
7 hard boiled eggs cut in half
Mix and pour all into a cake pan or bowl, except for eggs. Place eggs into mixture creating a design.

VEGETABLE MOLD

2 C chicken or tuna
1-1 1/2 C mixed vegetable, cooked
1/2 C celery
2 tbsp. gelatin
2 C cold water
1 1/2 C chicken broth
3 tbsp. lemon juice
Prepare vegetables while gelatin is setting. Soften the gelatin in half of the cold water. Set over hot water and stir until dissolved. Add the remaining water, broth and lemon juice. Chill until partially set. Add meat and vegetables and chill in mold.

In The Kitchen

Home is not a house alone
It's family and friends...
The warmth that kitchen gatherings
And a cup of coffee lends.

It's love and understanding,
Blended well with kinliness,
That fills the heart and makes the home
A place of happiness

MOTHER'S MEDITATIONS

When we are in the kitchen
Busy with cooking and baking,
With honey and cream to enrich
Whatever we are making -

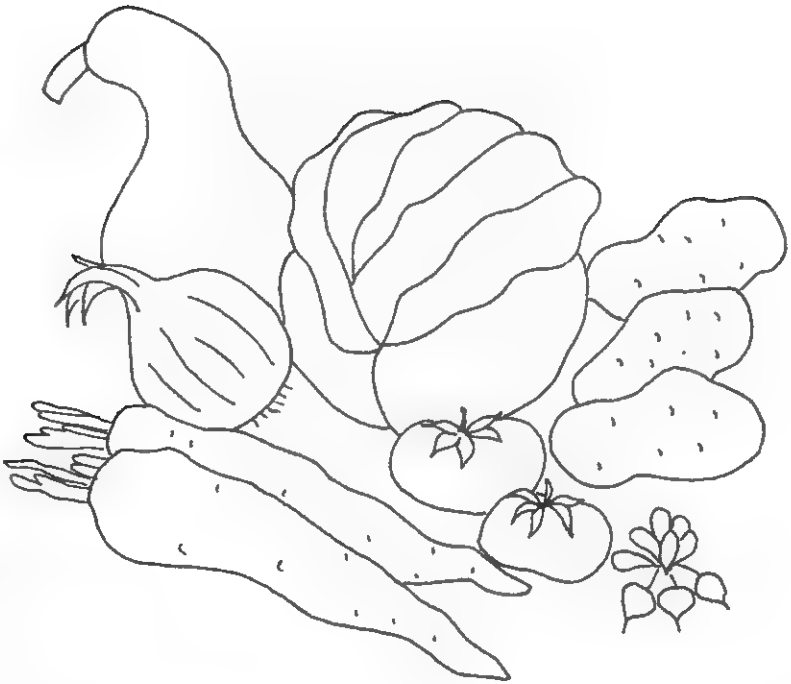
Let us not forget to be thankful,
Let not our minds go astray,
When we fail in one or the other
Or feel our life is all dismay.

We ask Thee not for riches, Lord
Or luxuries and food that's rare
But to be a better Mother,
Is our eager, earnest prayer.

Make our words a little kinder,
Than the ones we spoke today
Teach us love and understanding
In all we think and do or say.

We ask Thee simply to humble,
And lead us in the right road
Help to guide our children rightly,
Give us strength for each days load.

Vegetables



VEGETABLE BOUNTIES

How much I enjoy my
fresh vegetable garden.
When God in His goodness
allows things to grow.
From the tiniest seeds to
the mightiest cornstalks,
Plants progress and flourish
in row after row.
In earliest spring comes
the lettuce and radish,
Then later the carrots,
and peas, tender green.
As summer progresses,
there's cabbage, potatoes,
The beet, cauliflower,
the onion and bean.
Then ripen tomatoes,
sweet corn and cucumbers,
And pumpkins and squash
swell upon their own vine.
How thankful I am for
such bountiful harvests,
So richly bestowed
by my Father Divine!

VEGETABLES

Although we have a variety of vegetable dishes, do not forget your plain raw and cooked veggies. Simply add a dab of butter and sprinkle with season salt to your cooked vegetables and you will learn to appreciate their taste. Colour combinations add variety and appeal. After fruit and raw vegetable salads, the most important ingredient in your diet is the cooked vegetable (steamed, sauteed, baked or broiled). When preparing vegetables it is important to remember one golden rule...DO NOT OVERCOOK. The heat of cooking can destroy many of the nutritional elements in the vegetable. When you are preparing a meal, think of your veggies as the main dish, rather than as a side dish, adding a salad, and/or a rice dish or whole grain bread. This type of nourishing meal will leave you feeling just great.

ACORN SQUASH

1 squash, halved and deseeded
1 tbsp. sunflower seeds
1 tbsp. lemon juice
1 tbsp. honey (optional)
1 tbsp. apple juice
1 apple, chopped
Dash of cinnamon
Toss apples with juices, seeds and honey. Place inside squash halves and sprinkle with cinnamon. Set into a baking dish with 1/2" water. Bake at 350 F for 1 1/2 hours.

LIFE IS LIKE A QUILT

Life is like a patchwork quilt
And each little patch is a day
Some patches are rosy, happy and bright
And some are dark and gray.
But each little patch
As it's fitted in and sewn to keep it together
Makes a finished block in this life of ours,
Filled with sun and rainy weather.
So let me work on life's patchwork quilt
Through the rainy days and the sun
Trusting that when I have finished by block
The Master may say, "Well done".

BAKED CARROTS

3 eggs, separated
2 1/2 C cooked carrots, mashed or shredded
1 tbsp. fine onion
3 tbsp. butter (optional)
1 C bread crumbs or cracker crumbs
2 C milk or nut milk
Salt and pepper to taste
Mix together. Beat the whites of the eggs and fold in last. Bake 1 hour.

BAKED CORN

2 C corn
2 eggs
1 tsp. salt
1/4 tsp. pepper
2 tbsp. butter or tahini butter
1 tbsp. flour
1 C milk or nut milk
1 small onion
Cheese (optional)
Mix and bake at 350 F for 30 minutes.

BAKED OKRA

Cut okra into small pieces 1/4" thick. Roll in beaten egg, then roll into flour, arrowroot flour or tapioca flour. Brush with oil and broil at low heat.

BAKED PARSNIPS

5 medium sized parsnips
1 tsp. sea salt
2 tbsp. oil or butter
Scrub parsnips. Cook whole in salt water until tender but not soft. Cut in quarters, length wise and place in a baking dish. Dot with butter and bake at 375 F until slightly browned.

If I could only live up to the advice I give to others.

BAKED POTATO PANCAKES

1 C mashed potatoes
2 eggs, separated
1/4 C chopped onion
Salt, pepper and paprika to taste
1 tsp. baking powder (optional)
1/2 C nut milk or water
1 - 2 tbsp. barley flour or 1 C bread crumbs to thicken
1/4 C celery (optional)
1 tsp. parsley (optional)
Add yolks to rest of ingredients. Beat egg whites stiff and fold into potato mixture. Bake on a greased cookie sheet or in a casserole dish at 375 F until brown or on a hot greased frying pan. Top with cheese (optional).
Note: Eggs do not have to be separated.

BAKED POTATOES

Wash and dry desired amount of potatoes. Prick with a fork. Rub all over with margarine or butter (optional). Put on rack in 350 F oven for 1 1/2 hours or until soft. Serve with nut butter.

BAKED SALSIFY

2 C salsify, cooked and chopped
2 - 3 C milk or substitute
1/8 tsp. pepper
1 1/2 tsp. sea salt
2 tbsp. butter or nut butter
2 eggs
3 C cracker crumbs
Place a layer of cracker crumbs in the bottom of a baking dish. Add a layer of salsify, then a layer of crumbs. Continue this way until they are used up. Beat eggs and add to milk. Pour over crackers and salsify. Dot with butter and bake at 350 F for 30 minutes.
Variation: Use rice cakes, rye crackers, bread crumbs or 1/2 C barley flour.

Think of yourself and your troubles will grow,
Think of God and your troubles will go.

BAKED SQUASH

Wash 2 squash (acorn, hubbard etc.) and cut them in half. Spoon out seeds and fibres from cavity. Put 4 slices of bacon in a shallow baking pan and bake in a preheated 350 F oven until crisp. Remove from oven, drain on paper towels and set aside. Sprinkle squash with salt and pepper and place cut side down in the bacon fat. Bake at 350 F for about 1 hour until tender when tested with a fork. Just before serving, brush with some of the bacon fat, and place the crumbled bacon into the squash cavities. Serves 4.

BAKED SQUASH

Bake squash cubes in meat broth - with or without meat pieces.

BAKED STRING BEANS

Grease a casserole dish. Mix together
2 large eggs, beaten
1 C milk or substitute
1/4 tsp. salt
1/2 C cracker crumbs or 2 tbsp. flour
1 tbsp. onion
1 C cheese, cubed (optional)
Stir well and pour into casserole dish. Cover with string beans. Drizzle with 1 tbsp. melted butter (optional) and bake at 350 F for 50 minutes.

BAKED TOMATOES AND SQUASH

Mix desired amounts of:
Onions
Cubed squash
Tomatoes
Add salt and pepper. Bake until squash is soft.

Autumn is the mellower season, and what we lose in flowers, we more than gain in fruits.
- Samuel Butler

BEETS IN WHITE SAUCE

Desired quantity of cooked beets, skinned and diced.
Make a white sauce and pour over the beets just before serving.
White sauce:
Saute one onion in 2 tbsp. butter. Add 2 tbsp. flour and 1 C milk or substitute. Add salt and pepper and 1 tbsp. lemon juice. Cook until thickened.
Note: This sauce can be used for any vegetable desired. Onion and lemon juice can be omitted if not tolerated

BROCCOLI WITH CRUMB SAUCE

Steam 1 small bunch broccoli. Melt 1/4 - 1/2 C nut butter or margarine in saucepan. Stir in:
1 C bread crumbs or rice krispies
1 - 2 tsp. lemon juice
1 tbsp. parsley
Salt and pepper to taste
Cook until bubbly and brown. Pour over steamed broccoli.

BROCCOLI CASSEROLE

Cook broccoli until crisp tender. Drain. Make a cream sauce of:
2 C milk or substitute
4 tbsp. barley flour
Salt and pepper to taste
Put broccoli in greased casserole. Cover with sauce. Sprinkle with cheese, crumbs of chopped nuts, crackers or bread (optional). Bake at 350 F for 20 - 30 minutes until lightly browned. Add chopped onion or garlic to sauce for variety.

CARROT AND RUTABAGA PUREE

Puree hot cooked carrots and rutabagas with butter, salt and pepper, and a pinch of nutmeg. Serve immediately or reheat in double boiler.

Grow flowers as part of your garden; they are food for the soul.

CARROT DRESSING

12 medium carrots, sliced
Cook 15 - 20 minutes. Drain and cool.
2 C white sauce
Mince a small onion and cook in butter.
1/4 tsp. dry mustard
1/4 tsp. celery salt
Sprinkle of pepper
Add to white sauce. Arrange a layer of carrots in a casserole dish. Pour sauce over top of carrots and sprinkle 1 1/2 C fine bread crumbs on top. Bake 350 F for 1 hour. Stir layers together before serving. This is a handy, attractive, company dish.

Variation: Put peas into the centre of the carrot dish, or add cheese powder to the fine bread crumbs.

CARROT LOAF

1 1/4 C grated carrots
1 egg, beaten
1/4 C ground peanuts
1/2 C milk or substitute
2 tbsp. butter (optional)
Onion
Salt and pepper
Mix and bake 3/4 hour at 350 F.

CARROT SOUFFLE

6 egg yolks
6 tbsp. water
1/2 tsp. vegetable salt
2 C carrot, finely grated
Thoroughly beat egg yolks, water and salt. Fold in carrot pulp with a fork. Bake in a greased casserole dish, 1 1/2 - 2" deep, at 450 F until done. Serves 8. Serve in squares with steamed onions (see recipe).

CAULIFLOWER AND CHEESE CASSEROLE

3 C diced cauliflower
Cook until almost done.
2 C white sauce
1 minced green pepper (optional)
1 C thick tomato puree

CAULIFLOWER AND CHEESE CASSEROLE (CONT'D)

Mix and pour over cauliflower.
1/2 C fine bread crumbs or puffed millet
1 C grated cheese or cheese sauce
Mix and use as a topping over the cauliflower. Bake until heated through.
Variation: Make white sauce with chicken stock and add 1 tsp. each of onion and garlic powder.

CHEESED POTATOES

3 large potatoes, pared
Salt and pepper
4-5 slices bacon, fried (optional)
1 large onion
2 C cubed sharp cheese
1/2 C butter
Slice potatoes onto foil and sprinkle with salt and pepper. Crumble bacon over this. Add onion and cheese cubes. Slice butter over all. Mix on foil and bring edges of foil up and leaving a little space for expansion, seal well and cook over coals for 1 hour, turning several times (or cook on B.B.Q. with hood down for about 45 minutes).
Variation: Melt butter in pan, adding remaining ingredients except cheese. Simmer until potatoes are soft and then add the cheese. Toss lightly to slightly melt cheese.

CORN FRITTERS

1/4 C flour
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. mustard
1 1/2 C corn cut off the cob
3 egg whites beaten stiff, added last
Fry in pan in oil, or put on cookie sheet and bake until brown.
Variation: Use other veggies in place of corn.

When it seems hardest to pray - pray hardest.

CORN SOUFFLE

Melt in a saucepan:
2 tbsp. butter or water
Stir in:
2 tbsp. flour
Slowly add while stirring:
1 C goat or soy milk
Cook and stir until thick and smooth. Separate 2 eggs and lightly beat the yolks with a whisk. Add a little hot milk to the yolks. Now add yolk mixture to the milk mixture. Cook and stir about 1 minute. Remove from heat and add:
2 C cooked corn
1/4 tsp. sea salt
Shake of black pepper
Beat the egg whites stiff and fold in. Spoon the mixture into a 1 1/2 quart dish. Bake at 350 F for 30 minutes.

CREAMED CELERY

4 C cut celery
1/4 C honey
1 1/2 tsp. salt
2 tbsp. vinegar or lemon juice
Cook celery until tender, not using more water than necessary. Add a sauce of:
1 tbsp. barley flour
1/2 C nut milk
Bring to a boil and then add 2 tbsp. salad dressing. Mix with celery and serve.

DELMONICA POTATOES

2 C tofu milk
4 tbsp. butter
4 tbsp. flour (level)
1/2 C grated cheese or cheese powder
Melt butter, stir in flour and cheese and then the milk. Continue stirring and slowly bring to a boil. Fill buttered baking dish with alternate layers of potatoes and sauce. Cover with buttered bread crumbs.
Variation: Use alternative cheese sauce (see recipe).

DILLED GREEN BEANS

2 C green beans, cooked
1 tbsp. oil, margarine or nut butter (optional)
1/2 tsp. dill seed or 1 head fresh dill
Dash of garlic powder
1/8 tsp. onion powder
1/2 tsp. sea salt
Mash or grind dill seed. Add margarine to hot beans. Add dill seed and other seasonings, mixing 2-3 minutes. Serve.

EGGPLANT WITH TOMATO SAUCE

2 C diced eggplant
1/4 C water
1/2 tsp. salt
1 C cooked tomatoes or tomato paste
1/4 C onions or garlic
1/2 tbsp. oil or nut butter (optional)
1/4 C chopped green pepper
1 Carrot diced (optional)
2 stalks celery (optional)
1/4 tsp. sea salt
1/4 tsp. sweet basil
Cook diced egg plant 10 minutes or until tender. Put sauteed onion and peppers in skillet. Add tomatoes and boil gently until reduced to nearly half in amount. Add seasoning. Add eggplant. Mix well and let simmer a few minutes to absorb flavour. Sauce should be quite thick.
Variation 1. Substitute zucchini for eggplant.
2. Omit oil and do not saute onion.

GREEN BEAN CASSEROLE

3 tbsp. oil, nut butter or margarine
2 tbsp. barley flour
1 tsp. salt
1/2 tbsp. grated onion or garlic
1 C sour milk or substitute
3-4 C cooked green beans
1 C soy cheese or goat cheese (optional)
1/2 C corn flakes, crumbs, rice cakes

Combine 2 tbsp. oil and flour. Cook gently. Remove from heat, stir in seasonings and milk. Fold in beans. Cover with cheese (optional). Mix crumbs with remaining 1 tbsp. oil and place on top of cheese. Bake at 350 F for 30 minutes.

GREEN BEAN TOPPING

Cook green beans until tender. Put butter in a small pan, add slivered almonds and fry until golden. Serve on top of green beans or other vegetables.

KENTUCKY FRIED EGGPLANT

Peel eggplant and slice into 1/4 " slices. Dip into beaten eggs and then into any type of cracker crumbs (rye, wheat or rice cakes), or nut meal. Place in frying pan and fry in oil or butter. Serve immediately.

Variation: Place dipped eggplant onto greased cookie sheet and bake at 375 F until brown.

LIMA BEANS

Boil required amount of lima beans in lots of water. Add grated cooked potatoes, cheese and hard boiled eggs. Bring to a boil and serve.

MASHED PARSNIPS

Scrub and slice parsnips. Boil in salt water until soft. Place in blender and blend until smooth. Serve immediately.

Variation: Cube parsnips, cook and add 1 tbsp. oil and chopped parsley.

OVEN FRIES

Peel and slice potatoes medium thin. Soak in cold water about 30 minutes - this removes some of the starch. Drain and dry by dumping on a clean cloth. Spread potatoes on a cookie sheet with sides or on a large flat pan. Sprinkle with melted butter or oil. Place in hot oven - 400 F. Flip every 10 - 15 minutes. Remove when golden brown. Salt well.

Variation: Add paprika and sea salt with butter.

PARSLEY POTATOES

1/2 C butter, oil or water
2 large onions
4 sprigs fresh parsley
Saute in a small saucepan until onions are tender. Dice 4 large potatoes in 1" cubes and toss in pan. Bake until potatoes are tender. Delicious!

PARSNIP PATTIES

3 C cooked mashed parsnips
3 eggs
1 tsp. sea salt
1 tbsp.barley flour
3 tbsp. oil or butter
1 C milk or substitute
Combine mashed parsnip, beaten eggs, salt, flour and milk. Melt oil in frying pan and drop mixture by spoonfuls into hot skillet. Brown on both sides.
Variation:
1. Place on greased cookie sheets and bake at 350 F until golden brown.
2. In place of eggs, use 1 C mashed chick peas or more flour to thicken.

RED CABBAGE

1 head red cabbage, about 5 lbs.
1 C unsweetened apple juice
3 tbsp. apple cider vinegar or lemon juice
1/4 tsp. sea salt
1/8 tsp. ground pepper
1/8 tsp. ground cloves
2 tsp. cinnamon
2 whole bay leaves
1 1/2 tbsp. honey
5 tbsp. whole or jellied cranberry sauce
2 cooking apples, peeled and cut in 1/2" cubes
1/2 C apple sauce
Shred cabbage. Combine with vinegar in a large kettle. Cover and bring to a boil. Reduce heat to low and cook 5 minutes. Add spices, bay leaves, honey, cranberry sauce and apples. Cook about 20 minutes longer. Add applesauce and remove bay leaves before serving. Serve with roast pork or chicken or duck. Yield 16-20 servings.
Variation: Use apple sauce in place of cranberry sauce.

RED HOT CABBAGE

1 head red cabbage, shredded
2 tbsp. honey
1/2 tsp. allspice
4 whole cloves or 1/2 tsp. powder
Add cabbage to boiling, salted water. Add honey and spices and boil 8 - 12 minutes. Remove from heat and drain. Mix together:
1/4 C lemon juice
1/4 C butter or margarine
Heat until butter is melted. Pour over cabbage. Mix and serve hot.

RICE CARROT ROAST

2 C cooked rice
3 C raw carrots, grated
1/2 - 1 C nut butter
2 C milk or substitute
2 eggs
2 tbsp. oil
1 onion, ground
1 tsp. sea salt and sage
Mix ingredients thoroughly. Put in oiled casserole dish. Bake about 1 1/2 hours at 350 F.
Variation: 1. Omit milk and add meat broth.
2. Omit eggs and use 1 tbsp. flour, ground nuts, wheat germ or bread crumbs.

SCALLOPED POTATOES #1

6 C raw potatoes, sliced thin
4 tbsp. barley flour
2 1/2 tsp. sea salt
1/2 tsp. pepper
1 onion
2 1/2 C nut milk or tomato juice
2 tbsp. oil, margarine, nut butter
Place a layer of potatoes in bottom of greased baking dish. Add minced onion. Sprinkle with salt, pepper, flour and dot with butter. Repeat until all ingredients are used. Pour hot juice or milk over potatoes until covered, but not floating. Add more liquid if necessary. Bake at 350 F for 1 - 1 1/4 hours. Meat or vegetables can be added for variety.

SCALLOPED POTATOES #2

2 qt. sliced potatoes
1 small onion or garlic to taste
1 pt. diced squash
1 C oatmeal
Sea salt
Cover with water and dot with butter (optional). Bake 3 hours at 350 F.

SCALLOPED POTATOES #3

Make a sauce with:
3 tbsp. butter
2 tbsp. flour
1 tsp. salt
2 C milk or substitute
Add 3/4 C cheddar cheese. Mix some onions and chicken soup base to sliced potatoes. Pour sauce over potatoes until almost covered but not floating. Bake uncovered at 400 F until boiling then turn heat down to 350 F and bake covered for 1 1/4 hours. Delicious with meats and vegetables added to the potatoes too.

SISTERS CARROT LOAF

4 C carrots cooked in:
1 1/2 C salt water (approx.)
Mash and add:
3-4 eggs, beaten
1 onion, minced
1-2 cloves garlic (optional)
2 tbsp. butter (optional)
1 C fine cracker crumbs or flour
1 C chicken broth
1/2 C celery
Oregano, salt and pepper to taste
Fry onion and garlic in butter. Mix everything together. Bake at 350 F for 30 - 40 minutes.
Variation:
1. Separate eggs and add yolks to carrots. Beat whites stiff and add last.
2. Cook onion in water or just add to carrot mixture.
3. Substitute flour for eggs.

SPAGHETTI SQUASH

Cut squash in half lengthwise and remove seeds. Put a little butter and salt inside and cover with tin foil. Place on cookie sheet and bake with cut side up.

Variation: Bake whole at 350 F for 2 hours. Can also bake it longer in a slower oven to correspond with the rest of your oven meal. It is done when it is soft when pierced with a knife. Cut open and remove seeds and pull out "squash strings". Good served with peas.

Note: This method is good with any kind of squash.

SQUASH PUFF

3 C mashed squash
1/2 C onion, chopped
1-2 cloves garlic, chopped
2 large eggs, separated
1/4 C milk or substitute
3 tbsp. barley flour
3 tsp. baking powder
Salt and pepper to taste
Mix. Add beaten egg whites last. Pour in greased baking dish. Top with buttered crumbs if desired.
Variation: Fry onions in butter before adding.

Jesus blessed the children
as He held them on His knee,
He told the folks who gathered 'round
"Let them come to Me."

Every year as I grow older, I
know He's at my side.
For I will always be his child
And He my constant Guide.

SQUASH RING

Cut up squash, cook in saucepan or crock pot, mash and season as desired. Serve on a platter or in a bowl, making a ring around the outside and adding cooked peas or green beans in the centre.

STEAMED ONIONS

2 medium onions, per serving required, finely chopped
Steam the onions in their own juice or add a little olive oil, in a casserole dish. Remove from the oven as soon as they are tender. Sprinkle with grated cheese and paprika and place under broiler just long enough to melt the cheese. Good served with carrot souffle. (See recipe)

STIR FRY VEGETABLES

1 pound tofu
3 tbsp. apple juice
2 tbsp. soy sauce
1 tsp. ginger
Stir to coat tofu.
1 tbsp. safflower oil
1 onion, chopped
3 stalks broccoli (peel the stem if necessary)
2 medium carrots
2 stalks celery
2 cloves garlic
Stir fry until tender crisp then add the tofu. Serve over 2 cups cooked rice.

What I spent, I had;
What I kept, I lost;
What I gave, I have.
- Old Epitaph

STIR FRY VEGGIES

In a hot wok, skillet or frying pan, put a small amount of butter and/or oil. Add a combination of desired vegetables (or whatever you have on hand): broccoli, cauliflower, carrots, celery, asparagus, mushrooms, onions, zucchini, peas, green beans, bean sprouts, etc. Chop all vegetables adding mushrooms and bean sprouts last, as they do not take as long to cook. Add water as needed to prevent sticking. Make a sauce of 1 C water/orange juice/apple juice, 1/4 C soy sauce, adding spices of your choice: garlic salt, ginger, salt, pepper, season salt, celery seed etc. Mix in 2 tbsp. corn starch. Add the sauce just before serving, and heat until thick. Add more water if necessary. Serve over cooked rice, millet or quiona.

STOVE-TOP SCALLOPED POTATOES

Melt 1 - 2 tbsp. butter and brown 1 chopped onion in it. Stir in 3/4 C barley flour. Gradually stir in 4 C nut milk to make a thin "cream" sauce. Add 2 tbsp. mushroom soup base. Slice 6 potatoes into sauce (add sausage, ham or other meat if desired). Simmer until potatoes are soft, stirring occasionally.

Variation: Melt about 2 tbsp. margarine. Saute 1 chopped onion. Slice about 4 or 5 potatoes into saucepan. Sprinkle layers with 3 tbsp. barley flour, 1 tbsp. mushroom soup base and salt and pepper to taste. Cover with 2 1/2 C nut milk. Heat until boiling, then simmer until soft, about 1 hour.

TIME SAVER POTATOES

Put whole, peeled potatoes in a large baking dish. Cover completely with cold water and bake at 250 F for 2 1/2 - 3 hours. Pour off water and serve whole or mashed. Not as pure white as when cooked on the stove top, but convenient when the rest of your dinner is also in the oven.

TOMATO FRY

Dip sliced tomatoes into spiced flour. Fry in vegetable oil or a little water in pan to fry.

Daily prayer lessens daily care.

TOMATO SOUFFLE

3 tbsp. butter or oil
1/2 tsp. sea salt
4 tbsp. flour
1 C tomato juice or soup
Combine to make a sauce. Add:
1/4 tsp. paprika
1/2 tsp. dry mustard
1/2 C cheese, diced (optional)
3 egg yolks
Mix well. Beat 3 egg whites stiff and fold into the tomato mixture. Bake at 350 F for 45 minutes.

WINTER SQUASH CASSEROLE

2 1/2 C winter squash
1 C diced celery
1 C onion or a few cloves garlic
2/3 C margarine
1 1/2 C water
Boil for 5 minutes. Combine in a casserole dish, the vegetables and juice. Add:
2 C cracker crumbs
2 eggs, beaten
Salt and pepper to taste
Sprinkle oat bran, wheat germ or ground nuts on top. Bake at 350 F for 30 - 35 minutes, adding more water if needed.
Variation:
1. Do not boil vegetables first. For cracker crumbs, you can use rye or rice cakes, cornflakes or part flour.
2. Add cheese or cheese substitute before sprinkling on the oat bran.

ZUCCHINI AND TOMATO

Melt 1 tbsp. butter (or less) in a pan and add 1 chopped onion. Add 4 chopped tomatoes when onions are slightly browned. Add 1 chopped, large zucchini, 1 chopped green pepper, oregano and basil to taste. Simmer 1/2 - 1 hour.
Variation: Instead of butter, use tomato juice to simmer the onion until tender and then add the rest of the ingredients.

If you care - you will share.

ZUCCHINI CAKES

1 lb zucchini, grated
1 tsp. Old Bay seasoning
1/4 tsp. salt
1 tbsp. mayonnaise
1 tbsp. soy sauce
1 tbsp. chopped parsley
1 tbsp. baking powder
1 egg, beaten
2-3 slices bread with crust removed
Mix all ingredients and fry.

ZUCCHINI CASSEROLE

Beat:
3 eggs
1/4 C oil
Stir together:
1/2 C rye flour plus 1 tbsp. tapioca flour
1 1/2 tsp. baking powder
1/2 tsp. sea salt
Dash of pepper
1/2 C cheese (optional)
Add to egg mixture. Then add:
2 C zucchini, grated
1/2 C onion, chopped
1/4 C parsley
Stir and pour into greased casserole dish. Bake at 325 F for 45 minutes.
Variation: Turnip or other vegetables can be used.

ZUCCHINI FRITTERS

2 C shredded zucchini
2 eggs, separated
1/2 C barley flour
t tsp. vegetable seasoned salt to taste
Sprig of parsley
Small onion
Mix egg yolks with zucchini. Add flour. Fold in stiffly beaten egg whites. Drop like patties in skillet and fry.
Variation: For less oil, put in teflon loaf pan or crock pot and bake. This could also be served as a dressing (stuffing).

ZUCCHINI PATTIES

5 C grated zucchini
1 tsp. basil
1 tbsp. oregano
1 C barley flour
2 eggs
1 tbsp. cheese, grated (optional)

Add salt to zucchini and let sit for 1 hour. Drain and add rest of ingredients, except cheese. Fry until browned lightly on both sides. Top with cheese while still warm.

Variation: Use cheese sauce instead of grated cheese. This can also be baked.

Father may I have:

Enough happiness to keep me sweet,
Enough trials to keep me strong,
Enough sorrow to keep me human,
Enough hope to keep me happy,
Enough failure to keep me humble,
Enough success to keep me eager,
Enough friends to give me comfort,
Enough faith and courage to banish depression and
Enough determination to serve God faithfully.

I'M GLAD GOD MADE FATHERS

I'm glad God made Fathers
Out of men who once were boys;
Who understood boy's troubles,
And put up with their noise.

"Course Dad's" not good at cooking
Meals a family requires,
But you ought to taste the "flapjacks"
Baked on hiking-trip campfires!

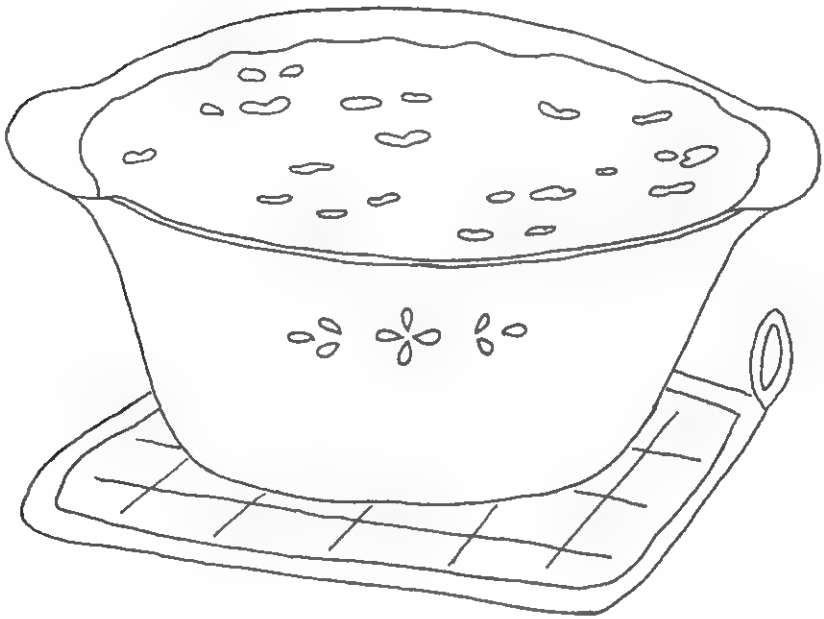
Some Dads are even smart enough
To explain arithmetic;
Any why you'd better loose a game
Then win with a mean trick.

Sometimes, Dad will kiss a bump,
(That's only when you're small)
And when there's time to play with us
We have great games of ball.

I'm glad that God made Fathers
Out of men who once were boys;
Who remember boys have troubles
And need Dad's to share their joys!

Grace Stoner Clark

Main Dish and Meatless Entrees



SIMPLE SERVING

I find such a satisfaction
Making just a simple meal;
It may be unique or common
But it must have some appeal.
It should be delicious, wholesome,
Inexpensive, yet complete,
With a bit of zip and colour;
Not too bland, or strong, or sweet.
Serving hot foods while they're piping,
And the cold foods chilled is best
Such a meal served up with gladness
Gives my family strength and rest.

MAIN DISHES

This section contains recipes that you could use for your main dish in your meal. There are recipes for sauces, casseroles, stew, baked beans, dressings, pizza and meatless entrees. Remember to add lots of fresh veggies and a salad to round out your meal.

ALTERNATIVE CHEESE SAUCE

1 C tomatoes
1 C water
1/3 C lemon juice
1 1/2 tsp. sea salt
1 tsp. onion powder
1/8 tsp. garlic powder
2 tbsp. sesame seeds (optional)
Blend until smooth in a blender. This can be used instead of a cheese sauce on macaroni or in a casserole.
Variation: Add 1 C cooked chick peas and 1/4 C more water.

BASIC WHITE SAUCE

Use 1 C liquid (milk, water, broth, etc.) and add 1/4 tsp. salt.

Type of sauce:	Oil or butter	Flour
Thin	1 tbsp.	1 tbsp.
Medium	2 tbsp.	2 tbsp.
Thick	4 tbsp.	4 tbsp.

Heat oil and add flour and salt. Slowly add liquid and cook until thick.
Variation: Lightly brown some onion in butter before adding flour, salt and liquid. Add cheese after sauce is thickened.

CHEE SAUCE

1 C cooked chick peas
1 1/4 C water
1/3 C lemon juice
1 1/2 tsp. sea salt
1 tsp. onion powder
1 C tomatoes
Blend in blender. Use as a cheese sauce substitute.
Variation: Pour over cooked pasta and bake for 1 hour.

GOLDEN SAUCE

3/4 C water
1/2 C cooked potatoes
1/4 C cooked carrots
3 tbsp. lemon juice
1/2 tsp. salt
Blend in blender. Heat to serving temperature. Use instead of cheese sauce on rice, pasta or vegetable casseroles. Can also be used for "grilled cheese sandwiches".
Variation: 1. Use tomato instead of carrots.
2. Use cooked cereal instead of potatoes.

GOOP

1 C sunflower seeds
2 raw carrots, chopped
Garlic
Water
Parsley
Blend ingredients in blender and add enough water to make a pulpy sauce. Use as a gravy substitute or serve cold over salads or vegetables.

SPANISH LENTIL SAUCE

3 C cooked lentils
2 C stewed tomatoes
3 tbsp. vegetable oil
1 small onion, chopped
1 green pepper, chopped
1 tsp. oat flour
1 tsp. sea salt
1 tsp. oregano
1 tsp. ground celery seeds
Combine and cook until thoroughly heated. If too dry, add up to 1 C vegetable broth. Delicious plain or served over rice. This can also be used as a cheese sauce substitute.

Our anxiety does not empty tomorrow of its care, but only empties today of its strength.

SUN SEED SPREAD

1/2 C sunflower seeds
1/2 C cooked rice, hot
3/4 C water
1/3 C lemon juice
1 tsp. salt
1 1/2 tsp. onion salt
1/2 tsp. garlic powder
1/8 tsp. dill weed
Blend until smooth. Serve on crackers, bread, as a vegetable dip or as sour cream on potatoes.

MAIN DISHES

ALL DAY CASSEROLE

Brown hamburger and remove grease. Put in bottom of casserole dish and add equal amounts of potatoes, carrots, celery and rice. Bake all day at 250 F. Makes its own juice as it bakes.

BAKED BEANS

3 C navy or kidney beans, soaked over night
1 soup bone or bits of ham, boiled
1 C tomato juice
1 tbsp. molasses
3/4 tsp. salt
1/4 tsp. dry mustard
1/4 tsp. ground coriander
1 medium onion, chopped
Soak beans overnight. In the morning, pour the water off and cover with fresh water. Bring to a boil and add 1/3 tsp. soda. Stir in and let fizz. Pour this water off and add fresh water. Boil until the skins burst. Pick meat off bones, cut into small pieces and add to the beans. Add the rest of the ingredients and put into a baking dish. Bake until onions are soft.

Doing what you like is freedom:
Liking what you do is happiness.

BAKED RICE NOODLES

4 C cooked rice noodles
2/3 C tomato sauce or chicken stock
2 tbsp. minced celery
2 tbsp. rice flour
1/2 C rice krispies or rice cakes, crushed
2 tbsp. onion, chopped
1 tsp. salt
1/4 tsp. pepper
2 C canned tomatoes
Add some veggie flakes to rice noodles while cooking (optional). Combine all ingredients except sprinkle rice krispies on top. Bake 30 to 45 minutes. Add sunflower seeds if desired.

BAKED VEGETABLE CASSEROLE

3 tbsp. flour
2 tbsp. parsley, finely chopped
8 small carrots, sliced
8 small potatoes, sliced
2 onions, chopped
2 C water
Vegetable seasoned salt
1 tsp. salt
1/3 - 1/2 C fine dry bread crumbs or oatmeal
2 C ground beef
Oil frying pan and fry beef, stirring often. Meanwhile prepare vegetables, placing in the baking dish. Remove beef from pan and put water into pan. When boiling stir in the flour, parsley and seasoned salt that has been thinned with water. Stir until it returns to a boil. Remove from heat. Sprinkle salt over vegetables, cover with gravy and top with bread crumbs. Bake at 325 F for 1 1/2 hour.

If you are a Christian, you know it and you will show it.

BASIC COOKED RICE

Rinse 1 C rice with water. Drain. Place rice into a 2 qt. cooker. Add enough water so that there is at least 1/2" - 1" (at the most) above the rice. Bring to a boil. Turn burner down as low as it will go and let steam 45 minutes or until done. Do not lift lid or steam will escape. Serve immediately or use cold in salads and desserts, etc.

Variations:
1. Use meat or vegetable broth to replace 1/2 of the water for a better flavour.
2. Add 1 C raisins or coconut while cooking for a dessert.
3. For lemon rice, add 1/4 C lemon juice while cooking and 1 tsp. lemon rind when finished cooking.
4. Oatmeal, whole grains and tapioca can be cooked in a crock pot.

BROWN RICE AND PEAS

1 C brown rice
3 C chicken or vegetable broth
Bring to a boil then turn heat down to a very low temperature and let steam until soft. When soft, add 1 - 2 C peas or beans and cook together a few minutes.

BROWN RICE STEW

2 C brown rice
1 tbsp. dried vegetable flakes
1 tsp. salt
1 C left over meat
Add tomato juice or water to 3/4" above rice. Bring to a boil and cook as for basic rice.

CABBAGE ROLL CASSEROLE

1 lb. ground meat
1 tsp. oil or water
1 chopped onion
Brown above and add:
1 tsp. salt
1/8 tsp. pepper
1/2 C rice
1 1/4 C canned tomato soup
1 1/4 C water

Mix well. Put 3 C coarsely shredded cabbage (packed) into greased casserole dish. Pour meat mixture evenly over cabbage. Don't stir. Bake at 325 F for 2 hours.

CALICO RICE

1 tbsp. water
1 small onion
Cook until tender.
Add:
1/2 carrot
1/2 stalk celery
1 C rice
1 1/4 C chicken stock
1 C tomato juice
Dash of cloves
Cook about 40 minutes. Let stand 5 - 10 minutes before serving. Serve with chicken or fish.

CARRICE CASSEROLE

2 C brown rice
2 C carrot slices
1 C cucumber slices
1 onion, sliced
Add salt, pepper and parsley then bake in tomato juice until rice is soft.

CHEESE SOUFFLE

3 tbsp. butter, melted
3 tbsp. flour
1 C milk or substitute
1 C grated cheese
3 eggs, separated (or beaten)
1/2 tsp. salt
1/8 tsp. paprika
Add flour to melted butter. Add milk and make a sauce and cook until thickened. Add cheese and stir to melt. Add egg yolks, salt and paprika. Fold in stiffly beaten egg whites. Pour into a casserole dish and bake 350 F for 40 minutes or until brown. Good served with creamed pea or bean soup.
Variation: Add left over squash to the souffle.

CHICKEN AND RICE

Saute in a large pan:
1 medium onion
4 tbsp. water OR 2 tbsp. oil
Add:
6 C cooked rice
2 C diced cooked chicken
1 beaten egg (optional)
2 tbsp. soy sauce or tamari
2 C peas
Heat through and serve.
Variation: Serve with the following sauce:
1/4 C cold water
2 tbsp. barley flour
2 C chicken broth
Mix and bring to a boil. Add soy sauce to taste.

CHILI BEAN CASSEROLE

2 C each baked beans, red kidney beans, lima beans, corn
1 tsp. chili powder
1/2 C pizza sauce or ketchup
1 medium onion, sliced
1/2 lb. ground beef or meat, browned
In a 2 quart casserole dish, combine all ingredients, reserving half of the onions for the top. Bake uncovered at 350 F for 1 hour.

People may doubt what you say, but they will always believe what you do.

CHILI CON CARNE

2 1/2 C red kidney beans
1 large onion, sliced
1 green pepper, chopped
1 lb. ground meat (optional)
3 tbsp. oil
4 C tomatoes
1 tbsp. chili powder
1 1/2 tsp. salt
3 whole cloves
1 bay leaf
Dash of paprika
Dash of cayenne pepper

Soak chili beans over night. Cook in boiling salted water until tender. Drain. Brown onion, pepper and meat in oil. Add tomatoes and seasonings. Simmer 2 hours adding water if necessary. Add beans and heat thoroughly.

Variation: If meat is not used, add more beans and some noodles if desired. Celery, carrots and ketchup may be added for more flavour.

CIDER STEW

3 tbsp. flour
2 tsp. salt
1/4 tsp. each pepper and thyme
1 lb. beef stew or lamb meat, etc.
3 tbsp. oil
3 tbsp. apple juice
1/2 C water
2 tbsp. vinegar or lemon juice
4 carrots, quartered
3 potatoes, peeled and cubed
2 onions, sliced
1 rib celery
1 apple, chopped

Combine flour, salt, pepper and thyme. Toss with meat to coat. Brown meat in oil. Stir in juice, water and vinegar. Cook and stir to boiling. Reduce heat and simmer covered for 1 1/2 - 2 hours. Add vegetables and apple. Cook until vegetables are tender.

God give me the hills to climb,
and strength for the climbing.

CROCK POT DINNER

Layer in order given :
(salt and pepper and season each layer as desired)
2 medium sliced potatoes
2 stalks diced celery
1 1/4 lb. ground meat (not fried)
1/4 C rice
1/2 tsp. italian herbs
2 carrots, sliced
1 large onion, chopped
1 green pepper, diced (optional)
2 C canned tomatoes
Start pot on high for 1 1/2 hours or until it boils. Turn to low for 6 - 8 hours.

CURRIED CHICKEN

1 cooked chicken, deboned
2 pkg. broccoli or cauliflower, precooked
Sauce:
3 C chicken stock, thickened with 2 1/2 - 3 tbsp. flour
1 C mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
Mix above ingredients to make the sauce. Layer chicken and broccoli in a casserole. Pour sauce over top. Cheese may be sprinkled on top if desired. Bake at 350 F for 25 minutes. Serve with rice, millet or quiona.

HAMBURGER HELPER, HOMESTYLE

3/4 C ground beef
1 tsp. salt
1/2 tsp. pepper
1 tbsp. chopped onion
1 stalk celery, chopped
1/2 C cheese (optional)
1/4 C peas, fresh or frozen
2/3 C tomatoes, fresh or canned
1 C noodles or rice
Brown beef in a skillet. Add salt and pepper. Then add the onion, celery, peas and tomatoes. Cook until celery and peas are soft. Cook noodles or rice in salted water. Drain and spread over mixture. Put cheese on top and simmer uncovered for 15 minutes to blend flavours. Serve from the skillet.

HARVEST STEW

2 C brown rice
1 tsp. salt
1/2 C cooked ground meat
Small onion
2 carrots
1/2 C finely chopped celery
3/4 C raw chopped tomatoes
1 kohlrabi, cubed
A few sprigs of parsley
1 tbsp. butter
Put rice in kettle and add 3/4" - 1" water above rice. Bring to a boil and add vegetables and seasonings. Simmer until soft.

HERB MILLET CASSEROLE

1 C millet
2 tbsp. oil
1/2 C diced carrot
1/2 C diced celery
1 tsp. sea salt
1/2 - 1 tsp. herb seasoning
3 C water
Lightly brown millet in oil. Add carrots and celery, and stir fry for 1 minute. Add remaining ingredients and bring to a boil. Simmer for 30 minutes or until millet is tender.
Variation: If using other grains, use 2 C water.

HOBO DINNERS

Mix up your favourite meat patties. Place them in a covered casserole. Add a slice of onion, a generous helping of potatoes, and a few carrot slices. Bake in a moderate oven until done.
Variation: Wrap in tin foil and bake on the B.B.Q or on the coals of a campfire.

The most beautiful things in the world can not be seen or touched; they must be felt in the heart.

LAMB STEW

1 - 2 lbs. lamb shoulder or ground lamb
1 carrot
1 garlic clove
1 onion
1 celery stalk
Cabbage, beans, peas or any vegetable you like
1 - 1 1/2 C cooked rice or barley
2 C chicken stock
Herbs to taste - parsley, basil, sage, tumeric, oregano, pepper, salt, rosemary, tarragon
Brown lamb on each side. Add chicken stock and vegetables. Simmer for 1 1/2 hours. Add rice and herbs and simmer 1/2 hour longer.
Variation: Saute vegetables in oil before adding to meat.

MANDARIN RICE BAKE

Place in a greased 2 qt. casserole dish:
3/4 C raw rice
1 1/2 C boiling water
1/2 tsp. salt
Add over rice:
1 1/2 - 2 C cubed ham or other leftover meat
1 1/2 C chopped celery
1 C chopped onion
1/2 C chopped green pepper
Stir in:
1 can condensed cream of chicken or mushroom soup or equivalent sauce
Cover and bake at 350 F for 1 hour and 15 minutes. This can also be made in the crock pot.

MEAL IN ONE

1 1/2 lb. ground meat
1/2 C chopped onion
1 1/4 C medium white sauce
1 1/4 C canned tomato soup
1/2 C water
Dash of pepper
1 C cooked sliced carrots
1 C frozen cut green beans
3 C mashed potatoes
Shredded cheese (optional)

Brown meat and onion, stirring often. Pour off fat. Add white sauce, soup, water, pepper, carrots and beans. Pour into casserole dish, top with mashed potatoes and sprinkle with cheese. Bake at 350 F for 30 minutes.

MILLET AND VEGGIES

2 C hulled millet
4 C water
1/4 C chopped carrots
1/4 C chopped celery
1/4 C chopped green pepper
2 C onions, chopped
1/4 C cauliflower
2 tbsp. raisins
2 tsp. curry powder (optional)
Bring water to a boil. Add millet and chopped veggies. Bring back to a boil. Reduce heat to simmer. Add raisins, curry powder and simmer 25 - 30 minutes.

RICE IN A PUMPKIN

Saute onion and garlic in butter. Add rice and chicken broth. Cover and simmer 25 minutes. Combine rice, carrots, green and red peppers, scallions or onion, cooked chick peas, apples, walnuts, green beans, salt, pepper and mushrooms (optional). Cut a 7" opening in the top of a short, fat pumpkin. Remove seeds. Sprinkle pumpkin interior with salt and pepper. Fill pumpkin loosely with rice mixture. Replace top. Place in a shallow baking pan and bake at 425 F for 60 - 90 minutes or until the pumpkin is done. Serve.

SALMONOODLE CASSEROLE

4 C cooked rice noodles or other noodles
1 C cooked peas, drained, reserving liquid
2 C salmon, drained and flaked, reserving liquid
1 tsp. salt
1 C milk or substitute
1/4 tsp. pepper
2 tbsp. butter
1 1/2 tbsp. flour
1/4 C cracker crumbs or ground nuts

SALMONOODLE CASSEROLE (CONT'D)

Make a sauce of flour, butter, milk, salt, pepper and drained juices. Mix noodles, salmon and peas in a baking dish. Pour sauce over noodles and top with crumbs. Bake at 350 F for 25 minutes.

SEVEN LAYER DINNER

Into a 9" greased casserole, place:
1/2 " layer of thinly sliced potatoes
A layer of thinly sliced raw onions
A layer of thinly sliced carrots (4 or 5)
Sprinkle with 1/4 C uncooked rice. Add 1 tin or jar of peas and liquid and 1 lb. of pork or chicken sausages, hamburger or beef. Pour in 1 tin of tomato soup and 1 tin of water. Season with salt and pepper. Bake, covered for 1 hour in medium oven. At the end of the hour, turn sausages over and leave casserole uncovered for 1 more hour of baking.

SHEPHERD'S PIE #1

Stir fry fresh ground chicken meat with some garlic in a little water. Add broccoli, cauliflower and diced celery. Stir fry until meat is browned. Put into a pie plate and cover with mashed potatoes. Bake 1/2 hour.

SHEPHERD'S PIE #2

1 onion, chopped and/or red and green peppers
2 - 3 cloves garlic
2 tbsp. oil or water
1 lb. ground meat or cubed tofu
1/2 C peas
1/2 C bread crumbs or substitute
1/2 tsp. paprika
1 tsp. basil and parsley
1/2 tsp. thyme
1 C tomatoes or celery
3 medium potatoes, peeled, quartered and boiled for mashing
1/2 C grated cheese or ground nuts

The soul would have no rainbow if the eyes had no tears.

SHEPHERD'S PIE #2 (CONT'D)

Cook onions and garlic in oil or water until tender. Add meat and brown until it has lost its pink colour. Add peas, bread crumbs, seasonings and tomatoes. Mash potatoes with 1/2 C milk or substitute, salt and pepper. Place meat mixture in a pie plate or casserole dish. Pour potatoes over meat. Sprinkle cheese over potatoes if desired. Bake at 350 F for 20 - 30 minutes. Broil 1 minute to brown cheese.
Variation: Use left over mashed potatoes.

SPAGHETTI ZUCCARROT DINNER

3 qt. salted boiling water
8 oz. spaghetti or rice noodles
1/4 C butter
1/8 tsp. salt and pepper
1 medium carrot, shredded
1 small zucchini
1/4 C grated cheese (optional)
Boil spaghetti is salted water until almost tender then add carrots. When tender, drain and toss with zucchini, butter, salt, pepper and cheese.

SUMMER STEW

4 C chicken stock
2/3 C tomato paste
2 carrots
1 onion
2 stalks celery
3 cloves garlic
1/2 tsp. basil
1/2 tsp. marjoram
1/4 tsp. cayenne
Boil 45 minutes then add 2 small zucchini and cook 15 minutes longer. Serve over rice, sprinkled with parsley and grated cheese (optional).

Many a wife has found that hugging her husband is the best way to get around him.

SUPPER STEW

2 lbs. meat
3 sliced onions and/or garlic
6 carrots, cut in 1" pieces
1 C diced celery
2 C tomato juice
4 cubed potatoes
2 slices cubed bread or substitute
1 tsp. salt
Pepper
Mix and bake at 250 F for 5 hours.

TOMATO RICE DISH

2 C brown rice (uncooked)
2 C tomato juice
2 C ground beef or chicken
2 C water
1 tsp. salt or herbamare seasoning
Bake 2 hours in a moderate oven. Add more liquid near the end of baking if necessary.

TURKEY AND BROCCOLI BAKE

1/4 C margarine
1/4 C flour
1 C milk
Dash of pepper
1/2 lb. cheese, cubed (optional)
2 - 10 oz. packages frozen broccoli spears, cooked, well drained
Cooked turkey slices
Make a white sauce with margarine, flour, milk and pepper. Add cheese; stir until melted. Layer broccoli, turkey and sauce in a 10" x 6" baking dish. Bake at 350 F for 25 minutes.
Variation: Rice noodles could be included.

A house is built of logs and stones
of tiles and post and piers;
A home is built of loving deeds
that stands a thousand years.
V. Hugo

MILLET DRESSING

Cook until soft:
2/3 C millet
2 C water
Add:
1 small onion
1 C finely grated squash
2 beaten eggs
Salt
Vegetable seasoned salt
Parsley
Bake in oven or crock pot until set.

MOM'S STUFFING (OR DRESSING)

1 1/2 loaves rye or whole wheat bread (stale or fresh)
5 eggs, beaten
1 tbsp. salt
Dash of pepper
9 C milk or water or part meat or vegetable stock
Onion
Celery
1 tbsp. sage
1 tbsp. marjoram, basil, oregano, etc.
1/2 C saffron tea (for orange colour) OR use chicken soup base OR tumeric
Simmer onion and celery in a little butter, margarine or nut butter. Add bread and brown slightly. Add eggs, milk and seasonings. As it cooks add more milk to make it the thickness desired. Add more seasonings to taste. Makes 1 gallon.
Variations:
1. Sourdough rye bread makes a heavier stuffing.
2. Substitute puffed millet or puffed rice for bread. Use less liquid as it shrinks considerably.
3. Add 1 - 2 C mashed potatoes to bread.
4. Use corn bread for a distinctly different flavour.
5. Use cooked brown rice in place of bread

Happiness is a slice of life ... buttered!

RICE DRESSING FOR POULTRY

1/4 C butter, oil, nut butter etc.
1 1/2 C brown rice
1 tsp. salt
1/4 tsp. pepper
1/2 C onion
1/2 tsp. poultry seasoning, or more
2 C diced apples
1 C diced celery
1/4 C diced celery leaves
1/4 C chopped parsley
1 C ground nuts (optional)
1 1/2 C sliced, fresh mushrooms (optional)
Cook rice in water (about 3 C) until soft. Brown onion in butter then add celery. Add remaining ingredients and mix well. You may add saffron, sage, marjoram, tumeric and chicken soup base for enhanced flavour. Very good with turkey.

PUFFED MILLET OR PUFFED RICE DRESSING

Simmer onion and celery in butter, oil or nut butter. Add 10 C puffed rice or millet (it will shrink considerably). Add 3 - 4 beaten eggs and salt and pepper to taste. Add milk or substitute (part meat or vegetable stock) while cooking to desired consistency. Add seasoning of your choice: basil, tumeric, chicken soup base, sage, marjoram, saffron, oregano, etc.

PIZZA

IN A HURRY PIZZA

Dough:
2 C bread flour
1 tbsp. syrup
4 tsp. baking powder
1/2 C oil (scant)
1 egg
2/3 C soy milk
Mix and spread in a jelly roll pan and bake until almost finished. Chop bologna, hotdogs, or pieces of hamburger and spread on dough. Over this pour 1 C tomato juice and 3/4 C ketchup. Add a dash of mustard, salt and pepper. Top with oregano and shredded cheese (optional). Return to oven until bubbly.

PIZZA PIE

2 C barley flour
2 tsp. baking powder
3 tbsp. oil
Pinch of salt
Milk or water to make a stiff dough
Put in 2 greased pie plates. Press in place with spoon. Put on any kind of meat, vegetables, noodles, onions, ketchup, tomato paste or juice, steamed tomatoes (thickened with cornstarch), herbs and spices or cheese and macaroni. Bake for 1/2 hour.

PIZZA RISA

2 1/2 C cooked rice
1/3 C whole wheat flour
1/2 C cottage cheese
1 C grated carrots
Press juice out of carrots by placing in a strainer and weighing down with a can of fruit for 20 minutes. Pat dry.
2 tbsp. minced onion
1/2 tsp. basil or paprika
Combine all ingredients. Spread in 9" x 13" pan. Bake 25 minutes at 350 F. Put under broiler to brown. Watch carefully. Spread with your favourite pizza toppings.

PIZZA SAUCE

Cook:
2 C canned tomatoes
Onions
Italian herb seasonings
Thicken with flour or cornstarch. Add meat, vegetables or noodles if desired. Put a layer of cheese on pizza dough (optional) and pour sauce on top. Bake at 400 - 500 F for 15 minutes or until brown.

WHOLE WHEAT PIZZA DOUGH

2 tbsp. yeast dissolved in 2 C warm water
2 tbsp. honey
1 tbsp. salt
2 tbsp. oil
5 1/2 - 6 C whole wheat flour
Mix. Let rise 5 - 10 minutes. Roll out on 4 pizza pans.

MEATLESS ENTREES

BAKED BEANS

Make a white sauce by putting a little water or butter into a sauce pan and add 3 tbsp. barley flour. Add 2 C water and season with garlic. Pour over 5 C cooked navy beans. Cooked carrots may be added. Bake from 30 minutes to 1 hour.

BAKED KIDNEY BEANS

1 onion, minced
2 tbsp. oil
2 C cooked, mashed kidney beans
1 C bread or cracker crumbs
2 eggs, beaten
2 C cheese (optional)
1 tbsp. catsup
Saute onion in oil. Add to rest of ingredients. Bake at 350 F for 40 minutes. Add tomato juice if too thick.

BASIC DRIED BEAN LOAF

1 C dried beans, (any kind) cooked and mashed
1 C bread crumbs or substitute
1 C liquid - milk, water, tomato juice, etc.
Seasons of your choice: sage, parsley, garlic, onion, etc.
Mix and bake at 350 F for 30 minutes.

CARROT NUT LOAF

4 C grated carrots
4 C cooked rice or garbanzos
1 C bread crumbs
2 tbsp. peanut butter
1/2 C water
1/2 C onion
Thyme
Salt
Mix peanut butter with water and add other ingredients. Bake at 350 F for 1 hour.

The soul would have no rainbow if the eyes had no tears.

CARROT RICE LOAF

1/2 C nut butter
1 C milk or substitute
1 small onion, minced
3 tbsp. water or oil
1/2 tsp. salt
1/8 tsp. sage
1/2 C bread crumbs
2 C grated carrots
1 C cooked rice

Cream together nut butter and milk. Simmer onion until soft and add spices. Combine carrots, rice and add the rest of the ingredients. Mix thoroughly. Bake in a greased pan at 350 F for 1 hour.

CHICK PEA BURGERS

1 egg
2 tbsp. parsley
1 tsp. cumin
3/4 tsp. chili powder
1 tsp. coriander
2 cloves garlic
3 tbsp. tahini butter

Blend in blender and add:
1/4 C cottage cheese
1 C cooked chick peas

Process on low speed and add:
1/2 C wheat germ

Shape in patties and bake in oven or fry. Use in a sandwich if you wish.

CHICK PEA LOAF

1 C chick peas, cooked and mashed
1/4 C green peppers or celery, chopped
1 onion, chopped
2 eggs
1/2 C tomato soup, juice or milk
1 tsp. mixed herbs
1/2 tsp. salt

Combine and bake at 350 F for 40 minutes.

CHILI NON CARNE

4 C cooked kidney beans
4 C water
Bring to a boil. Saute:
2 large onions
2 tbsp. oil or water
3 cloves garlic
Add onion mixture to:
2 1/2 C tomatoes
1 1/2 C barley pearls or rice
1 tbsp. chili powder
1 1/2 tbsp. tamari sauce
Mix all together and simmer for 30 minutes.

KIDNEY ZUMATO BAKE

1 C grated zucchini
1/2 C or more cooked kidney beans
2 - 3 cloves garlic or 1/2 onion, chopped
1 C tomato juice, or more
1/2 C cooked rice (optional)
2 tbsp. ground almonds or any nut meal
Mix and bake in a casserole dish at 350 F for 45 - 60 minutes. Cover casserole with rice krispies or puffed rice before baking if desired.

LENTIL BURGERS

1 C lentils, cooked soft until most of the water has been absorbed
1 onion, chopped
1 tsp. salt
1 - 2 eggs
4 - 6 slices bread or substitute
Mash lentils. Add rest of ingredients. Add enough bread and egg so that the patties will hold their shape. If they break apart while frying add more egg. Brown on both sides. Serve with tomato sauce.

The most beautiful things in the world can not be seen or touched; they must be felt by the heart.

LENTIL LOAF

1 1/2 C cooked lentils
2 stalks celery, chopped
1/2 C onion, chopped
2 tbsp. oil
1 1/2 C dry bread crumbs or puffed rice or millet
1/2 tsp. sage
1 tsp. poultry seasoning
1/2 tsp. oregano
1/2 C milk or substitute
Mash lentils, saute celery and onion in the oil. Add the rest of the ingredients. Mix and bake 1 hour at 350 F.

LENTIL POTATO PATTIES

1 C chopped onion
4 tbsp. water
1/2 tsp. sage
Simmer a few minutes to soften onion. Add:
2 C cooked lentils, mashed
2 C mashed potatoes
1/2 C chopped nuts
Sea salt to taste
Form into small patties and place on cookie sheet. Bake at 400 F 15 - 20 minutes. Serve with tomato sauce or gravy.
Variation: Brush the top of the patties with oil.

LENTIL ROAST

2 C cooked lentils
1/4 C sauteed onions
3/4 C brown rice
1/3 C celery, chopped
1/3 C nuts, chopped
1 tsp. sage
2/3 tsp. salt
Boil lentils, onions and rice. Add rest of ingredients. Bake at 350 F for 25 - 30 minutes. Garnish with parsley or red and green peppers.

What sunshine is to flowers, smiles are to humanity, they are but trifles, to be sure, but scattered along life's pathway, the good they do is immeasureable.

LONDON LOAF

4 C bread crumbs
2 C shredded carrots
1 onion
1 stalk celery
1/4 C minced fresh parsley
1/4 C walnuts
3 eggs, beaten
1/3 C milk or substitute
1 1/2 tsp. cumin
1 tsp. coriander
1/2 tsp. celery seed
Stir eggs and milk into the rest of ingredients. Bake in a loaf pan at 375 F for 1 hour. Cut in slices and serve with tomato sauce.

MEATLESS CHILI

2 C kidney beans, soaked overnight
Cook until nearly tender and drain.
1 1/2 C tomato or V-8 juice
4 cloves garlic
1 1/2 C chopped onion
1 C each chopped celery and green pepper
1 C rice or barley
3 1/2 C canned tomatoes
1 C tomato paste or sauce
1 tsp. each cumin, basil, chili powder
2 tbsp. oil (optional)
Cook rice or barley in tomato juice, adding more liquid if necessary, until nearly soft. Saute onion and garlic in oil or just add to the rest of the ingredients. Combine all ingredients and simmer 30 - 40 minutes.

MEATLESS MEAT BALLS

2 C cracker crumbs or substitute
1/2 C nuts
1/4 lb. cheese
1 medium onion
Blend in blender and add 3 beaten eggs. Press into balls. Fry and then simmer one hour in tomato or spaghetti sauce.

MILLET CROQUETTES

1 C cooked millet
1 small onion
1/4 C carrots, shredded
1 egg
1 clove garlic
1/2 tsp. marjoram
1/2 tsp. thyme
1 tsp. parsley
Shape into patties and fry in 3 tbsp. chicken stock or bake in oven.

MOCK MEAT LOAF

7 C grains and soup beans, individually boiled and drained
1 C oatmeal
2 C water
1 small onion
3 eggs
Salt, pepper and celery leaves to taste
Topping:
3 tbsp. molasses
1/2 tsp. nutmeg
8 tbsp. tomato juice
2 tsp. dry mustard
Variation: Use millet, rice and cracked barley for variety in the meat loaf.

MOCK SALMON LOAF

1 C tomato juice
1 1/2 tsp. onion salt or powder OR
2 tbsp. onion and 1 tsp. salt
1 C soy flour
1 C water
1 tbsp. oil. (optional)
Blend smooth in blender and bake at 400 F for 40 minutes. Soy flour will fall slightly when baked. This creates a cheesy texture. Serve hot or cold with a sauce or slice and serve with mayonnaise for sandwiches.

Fear is more painful than pain.

MOCK TOFU

4 C water
2 1/4 C soy flour
2/3 C pimientos
2 1/2 tsp. salt
2 1/2 tsp. food yeast
1/2 C flour
1/3 C lemon juice
1/4 tsp. garlic salt (optional)
1/4 C oil
Place in blender and whirl until smooth. Pour into a small greased loaf pan. Bake 2 hours at 275 F. Keep in oven after turning off for 1 hour. Chill before turning out of pan. Peel off brown skin on top. Slice or cube for serving.

NUT LOAF

1 small onion, chopped
2 tbsp. oil
1 C celery, chopped
1 tsp. salt
3/4 C milk or tomato juice
1/2 C nuts
1/4 C parsley
2 eggs, beaten
1/2 tsp. sage
1 C bread crumbs, or substitute
Saute onion in oil. Add to rest of ingredients. Bake at 350 F for 45 minutes.

NUT MEAT BALLS

1 C cooked grain (millet, wheat or rice)
1/2 C ground pecans
1/4 C ground sunflower seeds
1 tbsp. ground cashews
1/2 C wheat germ
1 tsp. sea salt
1/2 tsp. Italian seasoning
Combine all ingredients, mixing well. Shape into balls, sprinkle with paprika. Bake on greased cookie sheet 30 minutes at 325 F. Serve with tomato sauce or gravy.

OAT BURGERS

1 C oatmeal
1 tsp. salt
1 onion, chopped
1 tsp. sage
3 eggs
Mix and fry on both sides. When brown cover with a tomato sauce and simmer 20 minutes or bake in a pan covered with tomato sauce at 350 F.

OATMEAL-WALNUT PATTIES

2 eggs
1 C oatmeal
1 C ground walnuts
1/4 C soy milk or substitute
1 medium onion, chopped
1 tsp. sea salt
Sage (optional)
1 tbsp. soy sauce
Beat eggs and add the rest of ingredients. Drop from spoon to form small patties and brown on both sides or place in oven at 400 F and bake. Cover with a gravy, tomato sauce or mushroom soup. Simmer for 1/2 hour or bake in oven until hot and bubbly.

RICE NUT LOAF

Cream together:
1 C nut butter
1 C water
Add:
2 C cooked rice
1/2 small onion
1 tsp. sage
Sea salt to taste
Mixture will be thin. Pour into greased casserole. Bake at 350 F for 1 hour. Heat 1 1/4 C canned tomato soup or tomato sauce and pour over loaf and serve.

The congregation that nods is not always agreeing with the minister.

SCALLOPED TOFU WEINERS

6 tofu or soy weiners (meat free)
2 1/2 C coarsely crushed crackers
1 egg, beaten
2 1/4 C nut milk
Pepper to taste
2 tbsp. butter or margarine (optional)
1 tsp. salt
Slice weiners. Make alternative layers of crackers and weiners in a casserole dish. Beat together egg, seasonings and milk. Pour over crackers and weiners. Dot with butter. Bake at 400 F for 45 minutes or until done.

SLOPPY JOE

2 C beans (kidney, navy)
2/3 C tomato juice
1 onion
Puree beans in blender with tomato juice. Saute onion in a bit of water and add to puree. Salt to taste. Spread on toasted buns.

STEAMED NUT BUTTER ROAST

1 C nut butter
1/2 C barley flour
1/2 C oat flour
1 tsp. sea salt
1 tsp. sage
1 1/4 C tomato soup or sauce
2 C water
1 egg
1 small onion, chopped (optional)
Mix well. May be made in blender. Put into a greased round tin can and steam in a closed kettle over boiling water until set, about 1 hour. Cut in slices and serve hot or cold.

If we knew how little some enjoy the great things they possess, there would be less envy.

SUNFLOWER ROAST

1/2 C raw grated potato or tomato
1 C bread crumbs
1/4 C onion, grated
1/2 C sunflower seeds
1 tbsp. oil
1 C rolled oats.
1 tsp. salt
2 1/2 C water
Mix and bake for one hour at 350 F.

SUNFLOWER SEED LOAF

4 C water
1 tsp. celery
1 1/2 tsp. salt
1 C sunflower seeds
3 tbsp. food yeast (optional)
2 tbsp. lecithin
Blend in blender and add:
1 C onion
3 C oatmeal or rolled oats
Let stand 1/2 hour or more. Bake at 350 F. Uncover when nearly done to brown.

TOFU SPINACH PIE

Crust:
3/4 C barley flour
1 C grated cheese (optional)
1/2 tsp. salt
1/4 - 1/3 C water
Mix together and form into a ball. Press into a greased pie plate.
Basic white sauce:
Melt 2 tbsp. butter in a large saucepan. Add 2 tbsp. barley flour. Mix to a paste. Add slowly 1 1/2 - 2 cups nut milk. Stir frequently until thick (5 - 10 minutes).
Filling:
Add 3/4 lb. fresh spinach to the sauce and let the sauce steam the spinach. When done, crumble about 16 oz. tofu into the spinach sauce and mix well. Spoon the mixture into the unbaked crust and bake at 350 F for 1/2 hour.
Variation: Add onion, mushrooms nutmeg or thyme and fresh pepper to the sauce.

TOSTADAS

1 small onion, chopped
1/2 C celery
2 tbsp. vegetable stock or water
Saute and then add:
5 cloves garlic, minced
1 C dried lentils
2 1/2 C water
1/3 C tomato sauce
1 tbsp. chili powder
2 tsp. molasses, barley malt or sorghum
1/2 tsp. cumin
1/2 tsp. oregano
2 tsp. soy sauce
Simmer, covered for 35 minutes. Put inside 4 corn tortilla or use lettuce for a bed. Top each with your choice of:
Shredded zucchini
Chopped lettuce
Slice tomatoes
Chopped scallions or onion
Alfalfa sprouts
Dab of yogurt

VEGETARIAN NUT LOAF

8 C carrot pulp or finely grated
1 C fresh green lima beans
2 large onions, finely chopped
Mix together in a large bowl.
Add some carrot juice to:
10 eggs
3 tsp. vegetable salt or herbamare
2 1/2 tsp. sage
2 tsp. thyme
2 tbsp. parsley, finely chopped
Beat thoroughly and mix with vegetables. Add:
1 C broken cashews
1 C flaked almonds
6 tbsp. melted butter
Mix thoroughly. Bake in a greased loaf pan, in moderate oven for about 1 hour. Serve in slices cut thick enough to hold together. Serves 12.

VEGGIE-NUT SUPREME

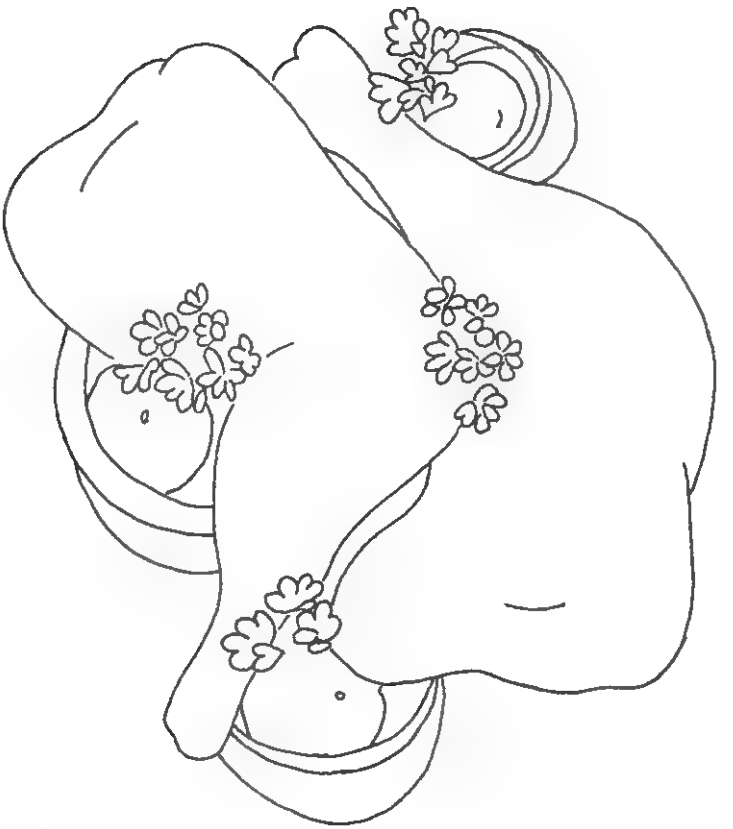
3 C celery, cut fine
6 C carrots, grated fine
3/4 C onion and parsley, cut fine
1 C walnuts, chopped or soaked almonds
1 1/2 tsp. sage
1 C broken cashews
Vegetable salt
Mix together and fry until vegetables are soft.

Come In

Come in! But don't expect to find
All dishes done, all floors shine;
See crumpled rugs, the toys galore,
The smudged and fingerprinted door.
The little ones we shelter here
Don't thrive in a spotless atmosphere;
They're more inclined to disarray,
And carefree, even messy play,

They're needs are great, patience small,
All day I'm at their beck and call.
It's "Mommy come" and "Mommy see".
Wiggly worms and red scraped knee,
Painted pictures, blocks piled high,
My floors unshined, the days go by.
Some future day they'll flee this nest
And I at last will have my rest.
And which really matters more -
A happy child, or a polished floor.

Meats



OUR COUNTRY MEALS

The food to be purchased
In large super markets
Is fine for the people in town,
And if we no longer
Could buy there our staples,
Why, most of us surely would frown.
Yet we in the country
Think nothing is better
Than food straight from nature's supply,
For these have a flavour
We all like to savour,
A wildness which money can't buy.
Those foods which are packaged
And bottled and labelled
Are easy to use and to make -
We'd rather spend hours
In getting our dinners
Than every convenience take.
For we want the genuine
Taste of the outdoors,
A flavour so happy and free.
A meal when we've earned it,
And know all that's in it -
Why, what better meal could there be?

MEAT

Many substitutions can be made in the meat recipes. To suit your diet check the substitution section. For meat patties and croquettes, avoid extra oil by baking on a non stick cookie sheet and broiling in the oven instead of frying. Ground meat in these recipes could be either chicken, beef, turkey or lamb.

APPETIZER MEATBALLS

3 lbs. lean ground meat
3/4 C milk
2 C oatmeal
1/2 tsp. pepper
2 tsp. chili powder
1 tsp. salt
2 eggs
1/2 C chopped onions
1/2 tsp. garlic powder
Mix; shape into small, 1" diameter balls. Place in baking pan in single layer. Combine:
2 tbsp. honey
1/2 tsp. garlic powder
1/2 C chopped onions
2 C catsup
Pour over meatballs. Bake at 350 F for 1 hour.

BAKED FILLETS WITH HERBS

Place fish fillets in greased baking dish. Spread lightly with nut butter or butter. Cover sparingly with mayonnaise. Add a few pieces of chopped onions or garlic. Cover well with tomato paste or juice. Sprinkle with basil, parsley, tarragon, ginger, oregano, salt and pepper. Bake 15 minutes or until fish flakes.
Variation: Omit mayonnaise, tomato paste and onion. Sprinkle fish with lemon juice, butter and seasonings. Ginger, thyme, dill, mace, nutmeg, paprika and allspice are all very good on baked fish.

The tempermental person is usually more temper than mental.

BAKED LIVER IN TOMATO SAUCE

1 lb. thinly sliced liver
Salt, pepper
Flour for breading
Dip liver in flour and season with salt and pepper. Brown, then place in a casserole dish.
Sauce:
1 large onion, chopped
1 tbsp. oil
1 tsp. paprika (optional)
1 tsp. dry mustard (optional)
1 tsp. honey
2 tsp. soy sauce or tamari
1/3 C chili sauce, tomato soup or juice
2 tbsp. cider vinegar or lemon juice
1/2 C water
Cook 10 minutes. Pour over liver and bake at 350 F for 30 minutes.

BAKED LIVER

1 lb liver sliced 1/4" thick
Put a layer of liver in a casserole dish. Sprinkle with salt and pepper. Add a layer of sliced onions over the liver. Alternate a layer of liver and then onions until all are used. Top casserole with a thick layer of onions. Cover and bake at 350 F for 45 minutes or until done. The liver will cook in its own juice with this method and is very good.

Grind left over cold roast beef or other meat in a food grinder or meat chopper. Sprinkle meat on to plate over creamed potatoes or potato soup. This is an easy way for young children to eat their meat.

A man who will trim himself to suit everybody will soon whittle himself away.

BARBECUED HAMBURGERS

1 - 2 eggs beaten
1/4 C chopped onions
1 1/2 lbs. (3 Cups) ground meat
3/4 - 1 C oatmeal
1 tsp. salt.
1/2 tsp. sage (optional)
1 tsp. parsley flakes
1/2 tsp. pepper
1 C tomato juice, ketchup, milk or water
1 C ketchup
1/2 C water
1/2 - 1 tbsp. honey (optional)
2 tbsp. lemon juice
1 tbsp. soy sauce or tamari (optional)
1/2 C chopped onion

Mix onion, meat, eggs, oatmeal, salt, pepper and tomato juice. Shape into patties. Dip into flour and fry on both sides. Cover with a sauce made from the ketchup, water, honey, lemon juice, soy sauce and onions. Cook slowly for 20 minutes.

Variation:
1. Place patties in a casserole dish. Pour sauce over patties and bake 1/2 - 1 hour at 350 F.
2. Fry patties and omit sauce.
3. Serve on hamburger buns. Spread with mayonnaise, tomato slices and lettuce.

CHICKEN CROQUETTES OR BALLS

1 C white sauce (see substitute section)
2 C cooked chicken
Salt to taste
2 tbsp. parsley and/or onion and celery

Make white sauce and cool. Chop or grind chicken, add seasonings and stir into cooled white sauce. Refrigerate until cold. Shape into croquettes using a 2 piece mason lid. Press meat mixture into lid, push out the snap lid and cut off the meat mixture, dropping into bread or cracker crumbs. Dip into beaten egg and then into crumbs again. May be frozen like this and then heated on cookie sheet or deep fried before serving.

Hating people is like burning down your own house to get rid of a rat.

CHICKEN DINNER IN A DISH

1 layer of dressing
1 layer cooked, cubed chicken
1 layer corn
1 layer cheese
1 layer gravy
Repeat until casserole is full. Bake until heated through.

CHICKEN AND RICE SQUARES

2 tbsp. onion (optional)
1/4 C butter (scant)
1/3 C barley flour
1 tsp. salt
1/4 tsp. poultry seasoning or more
1/8 tsp. pepper
1 1/4 C water
1/2 C milk or substitute
2 C minced chicken or turkey
2 C cooked rice
1/4 C each of red and green pepper (optional)
2 eggs or 1 tbsp. baking powder for each egg
3/4 C bread crumbs, rice krispies or rice cakes
Cook onion in butter. Add flour, seasonings, water, milk, chicken, rice, peppers and eggs. Pour into pan. Top with crumbs. Bake at 350 F for 30 minutes. Best if baked 2 hours ahead of time and then reheated.

CHICKEN POT PIE

4 C chicken meat, cut up or other ground meat
1 onion
1 tbsp. dried parsley and celery flakes
Salt to taste
2 tbsp. chicken stock or water
Barley pie crust
Line bottom and half way up the sides with pie crust. Place half of the meat in. Cover with half the onion and sprinkle with salt and herbs and spices of your choice. Repeat with remaining meat, onion, spices and water. Top with remaining pie crust. Bake at 350 F for 45 minutes or until onions are almost done.

CHICKEN SUPREME

Dip pieces of cooked or canned chicken in beaten egg. Roll in cracker crumbs or ground nuts. Place on cookie sheet and bake until brown at 350 F.

Variation: Season your cracker crumbs with poultry seasoning and paprika; dot chicken with butter before baking.

CREAMED SALMON

2 C canned salmon, flaked
3 tbsp. flour
3 tbsp. oil
2 C milk or substitute
1/2 tsp. pepper
1 tsp. salt
Parsley

Make a sauce with flour, oil and milk. Add salmon and seasonings.

Note: Oil may be omitted.

DIP FOR FISH AND CHICKEN

1/4 C milk or substitute
1 1/2 tbsp. lemon juice
1 egg
3/4 tsp. salt

Fish: Thaw 1/2" thick sliced fish in a little milk. Roll in flour and then into dip mixture and then into crumbs with all purpose seasonings added. Fry in oil over medium heat. Turn a few times until brown and fish is cooked.

Chicken: Same as above except do not soak in milk and pieces may be thicker.

Variation: Bake on cookie sheets for 15 - 20 minutes (chicken should be precooked in order to shorten baking time) if you do not want to fry.

FISH CAKES

2 C tuna
1 C cooked brown rice or millet
1 egg (optional)
1 small onion
1 tsp. parsley
1 tbsp. lemon juice (optional)
3 tbsp. melted butter
1 C finely ground nuts or substitute

FISH CAKES (CONT'D)

Beat egg, add tuna, rice, onion, lemon juice, oil and parsley. Blend well and form into patties. Roll in nut meal and place on greased baking sheet. Bake at 350 F for about 15 minutes until brown or fry in a frying pan.

Variation: Try substituting any cooked fish or poultry for tuna. For a smoother texture, put rice and meat through a food grinder. Dip into barley flour or bread crumbs instead of nut meal.

FISH LOAF

2 - 3 C raw ground fish
1/4 tsp. curry powder (or less)
3/4 tsp. sea salt
1/4 tsp. ground celery seed powder
1 egg
3/4 C oatmeal or oat flour
Mix well and bake 1 1/2 hours.

HASH

1 tbsp. oil
2 heaping tbsp. barley flour
Put in a pan and brown lightly.
Add:
2 C leftover meat, chopped
Onion
Water
Salt and pepper to taste
Put a lid on and boil. Add tomato juice and ketchup for more flavour.

INDIVIDUAL MEAT PASTRIES

Crust:
3 C flour
1 tsp. salt
1 C butter or margarine
1 egg, beaten
1 tsp. cider vinegar or lemon juice
5 tbsp. cold water

Filling:
2 C potatoes, peeled and diced
3/4 - 1 C carrots, chopped
3/4 lb. ground meat
1/4 C onions, chopped
1 1/4 C rutabaga or turnip, peeled and chopped
2 tbsp. soy sauce
Salt and pepper
Butter
Egg glaze
Mix crust ingredients and chill dough while mixing filling. Roll out pie crust into 6 or 7 six inch rounds. Place 1/2 C filling on each half of crust. Put a bit of butter on filling and fold other half of crust over filling and pinch edges together. Brush with egg glaze - 1 beaten egg and 1 tbsp. water. Make steam vents with fork. Bake 375 F for 15 minutes. Reduce to 350 and bake for 60 minutes longer.

MEAT LOAF

1 C rolled oats
3 C (1 1/2 lbs.) ground chicken, turkey, lamb, beef, etc.
2 beaten eggs (optional)
1 C nut milk or tomato juice
1/2 C chopped onions or part garlic
1 1/2 tsp. salt
1/4 tsp. pepper
1 tsp. mustard (optional)
Ketchup for topping
Put in pans. Cover with ketchup and bake at 350 F for 1 hour.
Variation: Basil, oregano, tarragon and parsley are nice seasonings to add.

Though victory is sweet
When the battle is won;
Are you proud to repeat
As to how it was done?
Were you true, were you fair
As you struggled along
Or does your triumph mark you
Just brutally strong?

MEAT PORCUPINES

1 lb. ground meat
1/2 C uncooked or 1 C cooked rice
1/2 C onion, chopped
Several garlic cloves, minced
1 egg
2 slices bread soaked in milk or substitute OR 1/2 C oatmeal soaked in milk
Mix and form into balls. Place in pan or bowl. Cover with tomato juice and bake 1 1/2 - 2 hours at 350 F.
Variation: Use tomato juice or part ketchup instead of milk.

MEAT WITH SOYBEANS

1 C soy beans
3 C water
Soak over night. Bring to a boil. Put boiling beans and water into a blender and add 1 C boiling water. Blend until fine. Pour back into cooker. Boil 30 minutes longer. You now have soybean concentrate which is high in protein. Soybean concentrate has many uses from soup to pie. Add:
3 C oatmeal
2 C cooked rice or millet
2 onion, chopped
1 - 2 tbsp. salt or to taste
1 tsp. pepper
2 lbs. (4 Cups) hamburger, approx.
Mix well. Make little balls and brown in frying pan if desired. Put in casserole. Mix 1 C tomatoes and 1/2 C water. Pour over meat. More tomatoes or ketchup can be used. Bake.
Variation: Make meat loaf or patties for the freezer for a handy meal.

MUSHROOM BURGERS

2 tbsp. butter or margarine
1 2/3 C chopped mushrooms
1 small onion, chopped
1 lb. ground meat
1/4 C fine dry bread crumbs or rice krispies
1/4 C grated parmesan cheese (optional)
1 egg
1/2 tsp. dried oregano leaves

Melt butter over medium-high heat. Saute mushrooms and onions. Cool slightly. Combine remaining ingredients and stir in mushroom mixture, mixing well. Form into 4 patties and grill.

SALMON LOAF

2 C canned salmon or frozen salmon cooked and flaked
2 - 3 tbsp. onion, chopped
1/2 tsp. salt
Dash of pepper
1 egg
1 C milk or substitute
3 - 4 crackers rolled fine or 1/2 C ground nuts or 1/4 C flour
Mix all ingredients. Pour into loaf pan. Bake for 1 hour at 350 F.

SALMON PATTIES

1 C canned salmon with liquid or raw ground fish
1 medium onion, chopped
1 egg
1 1/2 tbsp. oatmeal or bread soaked in milk
Salt and pepper to taste
Stir together and fry or bake in patties. Other seasonings of your choice may be added. Use with any type of fish.

SCALLOPED TURKEY

2 1/2 C diced leftover turkey
2 C cooked noodles
1/2 C water (or more)
1/2 C cubed colby cheese (optional)
3/4 C turkey gravy
1/2 tsp. celery salt or thyme
Mix all ingredients. Place in greased casserole dish and top with 1/2 C dry bread or cracker crumbs. Bake at 375 F for 35 -40 minutes.

Quite alot of the world's trouble is produced by those that don't produce anything else.

SHAKE AND BAKE #1

1 C whole wheat flour
Shake of red pepper (cayenne)
3 tsp. sea salt
2 tsp. paprika
1 tsp. baking powder
1 pkg. gelatin
1/2 tsp. oil
1/2 C corn meal
1 tsp. dry mustard.
Mix. Shake meat in mixture and bake.

SHAKE AND BAKE #2

2 C dry, fine bread crumbs or 1 3/4 C oat flour
1 tsp. sea salt
1 1/2 tsp. paprika
1 tsp. celery seed powder
1 tsp. poultry seasoning or Herbamare
1/4 tsp. black pepper
1 tsp. onion salt
1/4 C oil (scant)
Mix thoroughly and shake chicken pieces in it until coated. Place single layer skin side up. Bake 325 - 350 F until tender.

SHAKE AND BAKE #3

2 C gluten free flour
2 tbsp. celery salt
1 tsp. pepper
2 tbsp. dry mustard
1/4 tsp. oregano
4 tbsp. paprika
2 tbsp. garlic powder
1 tsp. ginger
1/2 tsp. basil
3 - 4 tbsp. fine dry bread crumbs (optional)
Sift together all ingredients and store in an air tight container. Before coating chicken, dip in mixture of 1 egg and 1 tbsp. water, beaten with a fork.

To be without friends is a serious form of poverty.

SLOPPY JOES

1 lb. ground meat
1 onion, minced
Salt and pepper to taste
1 tbsp. soy sauce (optional)
1 or 2 carrots, chopped
1/2 C ketchup or tomato sauce
1 C tomato juice
2 stalks celery, chopped (optional)
Brown meat without added fat, stirring constantly. Add remaining ingredients and simmer 20 - 30 minutes or until slightly thickened. Add more juice or water if you want it thinner. Serve as a meat dish OR spread on buttered bread slices or hamburger buns. Top with cheese if desired. Cover with second slice of bread and bake at 350 F for 25 minutes.

TURKEY PIE

1 1/2 C peas
1 C boiled carrots
6 C turkey meat, chopped
3 C broth or gravy
3 C milk
1 tbsp. paprika
3 tbsp. onion
1 C flour
Make a white sauce with the broth, milk and flour. Combine all ingredients and pour into pie plate lined with dough. Bake at 300 F for the first 15 minutes and then turn down to 275 F. Serve warm. This makes 4 9" pies. These pies can be stored in the freezer until ready to use and then baked.

WE LOVE LIVER

Slice liver into 1/4" - 1/2" thick slices. Dip into flour seasoned with salt and pepper. Fry in hot fat with 1/4 C onions and 2 - 3 cloves of garlic. Brown on both sides, cooking for 5 - 8 minutes.
To make a gravy: Cover liver with water after it has been browned. Cook for a few minutes. Remove liver and thicken the sauce with flour. Add salt and pepper to taste. Serve immediately.

HEALTH SAUCE

1 C raw tomato puree (blenderize 6 large plump tomatoes)
1/4 C oil
1 tbsp. honey
1 tbsp. lemon juice
1/4 tsp. onion powder
1/2 tsp. salt
Pinch of oregano or celery seed
Combine in a blender. Good on eggplant, stuffed peppers, roasts, etc.

MEAT SAUCE

2 C catsup
1/2 C honey (optional)
1/2 tsp. garlic powder
1/2 C chopped onions
Use on meat loaf or in casseroles.

OATMEAL GRAVY

Cook oatmeal in chicken broth or water and add garlic. Keep it thin enough to use as a type of gravy. This is good served with vegetables. Add sunflower seeds or nuts for variety.

SEASONED GRAVY

2 C water
1/4 C brown flour
1/2 tsp. salt
1 tsp. onion powder
2 tbsp. oil
1/4 tsp. herbs
Liquify and cook until done, about 10 minutes. Serve with vegetarian roasts or as stock for stews, casseroles and baked vegetables.

Triumph is a little bit of try
and alot of umph.

TOMATO GRAVY

1 C tomato juice
2 - 3 tbsp. ground almonds (optional)
1 tbsp. rice flour
Cook until slightly thick.
Variation: Use 1/2 C tomato paste and 1/2 C tomato juice and omit the rest as it is thick enough.

TEN COMMANDMENTS OF HUMAN RELATIONS

1. SPEAK TO PEOPLE - there is nothing so nice as a cheerful word of greeting.

2. SMILE AT PEOPLE - it takes 72 muscles to frown, only 14 to smile.

3. CALL PEOPLE - the sweetest music to anyone's ears is the sound of his own name.

4. BE FRIENDLY and helpful, if you would have friends, be a friend.

5. BE CORDIAL - speak and act as if everything you do is a genuine pleasure.

6. BE GENUINELY interested in people - you can like almost everybody if you try.

7. BE GENEROUS with praise - cautious with criticism.

8. BE CONSIDERATE with the feelings of others - there are usually three sides to a controversy: yours, the other fellow's and the right side.

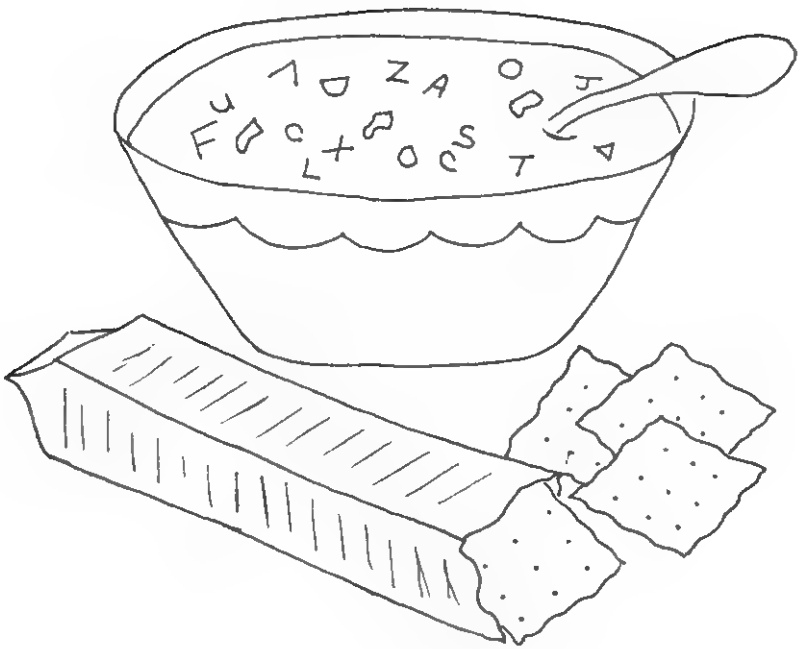
9. BE ALERT to give service - what counts most in life is what we do for others.

10. ADD TO THIS a good sense of humour, a dose of patience and a dash of humility, and you will be rewarded many-fold.

RECIPE FOR A GOOD LIFE

1 cup of good thoughts
1 cup of kind deeds
1 cup of consideration for others
3 cups of well beaten faults
2 cups of forgiveness
Mix thoroughly and add tears of joy, sorrow and sympathy for others. Fold in 4 cups of prayers and faith to lighten other ingredients and raise the texture to great heights of Christian living. After pouring all this into your daily life, bake well with heat of human kindness. Serve with a smile.

Soup



SOUPS

Quick soups, thick soups,
chunky soups or thin,
Just a few ingredients
or many things tossed in;
Cooked together, served while hot
with crackers, buns or toast,
Soups make simple, tasty meals
that any cook can boast.

SOUP

Soup, like salads, need not have a recipe. They can be a unique combination of ingredients each time you serve them. Reserve your vegetable or meat broths for your soup base. The broth that you don't use, can be refrigerated, or frozen and labelled for later use.
If you don't have leftovers in the fridge to add to your broth, add items that do not need presoaking such as split peas, lentils, noodles, rice etc.
If you prefer a creamy soup, blend a portion of the soup and add to the remaining unblended ingredients and reheat.
Blended squash, mashed potatoes, lentils etc. can be used to thicken a soup. Serve piping hot for a nutritious meal.

ASPARAGUS SOUP

3-4 C chopped asparagus
2 C chicken broth or water
1 small chopped onion
3 tbsp. butter (optional)
3 tbsp. flour (optional)
1-2 C milk or substitute (optional)
Salt and pepper to taste
Saute onion in butter if desired before adding rest of ingredients. Cook until soft and put half in blender for a creamy soup.
Variation: Put all in blender for a completely smooth soup.

BASIC CREAM OF VEGETABLE SOUP

3-4 C nut milk or chicken stock
2 C cooked vegetable puree (eg. celery, asparagus, carrot, bean, squash)
1/4 C flour
1 tsp. salt
1/2 C onion
1 tbsp. oil (optional)
Saute onion in oil if desired. Blend all ingredients together in a blender. Bring to a boil and serve.

A rejoicing Christian is one of God's best advertisements.

CHICKEN AND TOMATO SOUP

6 C water or broth
2 1/2 C stewed tomatoes
1 1/2 C mixed vegetables
1 C spaghetti, broken in 3
1 C cooked chicken, chopped
Bring water and tomatoes to a boil. Add vegetables and return to a boil. Stir in spaghetti. Cover and simmer, stirring occasionally, until spaghetti is cooked, about 15 minutes. Add chicken and heat. Season to taste.
Variation: Use rice noodles instead of spaghetti.

CHICKEN CORN SOUP

1 four pound chicken
16 C water
Cook chicken until tender. Save the broth and pick meat from bones and chop and set aside.
To the broth, add:
2 1/2 C fresh or frozen corn
1 onion, chopped
1/2 C celery and leaves
Salt and pepper
Cook 5 minutes. Before serving add the chicken and
2 hard boiled eggs diced (optional) and rivels made from:
1 C flour
1 egg
1/4 C water
Rub this mixture together until rivels form the size of peas. Drop into the boiling soup. Cover and cook for 5 minutes.

CHICKEN RICE SOUP

2 C chopped cooked chicken, turkey, duck or goose
3-4 C water or broth
1/2 C celery, chopped
1 onion, chopped
Parsley, salt and pepper to taste
2 C cooked rice
Cook all ingredients together except rice until celery is tender. Place rice in a dish making a well in the centre. Pour chicken soup into the rice well and serve immediately.

CHICKEN STOCK

2 lb chicken bones or 2 small stewing chickens
6 C water
1 large onion
1 large carrot
2 stalks celery
1 bay leaf
1 tsp. lemon juice (optional)
1 clove garlic (optional)
Bring to a boil. Simmer for 2 hours. Strain and cool. Remove fat and refrigerate or freeze until ready to use in soups gravies, etc.

COUNTRY VEGETABLE SOUP

Saute (if desired):
1 onion, chopped
2 tbsp. oil
Add:
1 C mushrooms, sliced
2 1/3 C canned tomatoes
1 C cauliflower or broccoli, chopped
2 small carrots, chopped
1 C turnip, chopped
1 stalk celery, chopped
1 medium potato, chopped
1/2 C water or broth
1/2 tsp. each of oregano, salt, marjoram, basil
Dash of pepper
Simmer 25 minutes until veggies are tender.
Add:
2 C fresh or frozen corn
2 1/3 C tomato juice
Simmer 5 more minutes. Adjust seasoning to taste.

It is a sobering thought when we realize as mothers that the health and well-being of our beloved family depends nearly entirely upon our knowledge and loving care.

CREAMY CARROT SOUP

Boil until tender:
2 C carrots, sliced
1 C potatoes, cubed
1 - 2 C water, meat or vegetable stock
Salt and pepper, parsley to taste
Saute:
1 onion, chopped
2 tbsp. oil
(Or cook onion in water)
Add:
1 tbsp. flour
1 1/2 tsp. chicken soup base (optional)
Stir to blend. Add:
1 C nut milk (more if desired)
Blend in blender. Add vegetables and simmer 5 minutes.
Variation:
1. Use meat broth in place of milk.
2. Use cooked rice in place of potatoes.
3. Blend 1/2 of the vegetables with the nut milk to make a creamy soup before returning to the kettle to heat..

CREAMY RICE SOUP

1/2 C rice
3-4 C water
1/2 C carrots, cut up
1 C potatoes, cut up
1/2 C celery, chopped
1 C canned tomatoes
1 onion, chopped
1 C cream or substitute (or chicken broth)
Cook above ingredients except cream until tender. Add cream but do not boil. Season to taste. If using chicken stock, all ingredients can be combined to cook right away.

CREAMY ZUCCHINI SOUP

Put oil in saucepan and saute onion until transparent. Add chopped zucchini and cook and stir until tender. Add fresh or dried herb seasonings of your choice. Puree in blender and add enough chicken stock or water to make a smooth puree. Return to heavy saucepan and add milk or light cream until the soup is the consistency you want. Add salt and pepper to your taste.

ESTHER'S POTATO SOUP

2 tbsp. oil, butter or margarine (optional)
1 onion, chopped
1 clove garlic, chopped
Melt butter in large saucepan, add garlic and onion. Cook until tender but not brown. (If oil and frying is not tolerated, omit and add onion to next ingredients.)
Add:
3 medium potatoes, chopped
1 1/2 C meat stock
1/4 tsp. thyme (or more)
Cook 20 minutes until potatoes are soft. Puree half the soup in blender. Stir in:
1 1/2 C nut milk or substitute
Salt and pepper to taste.
Heat to boiling. Garnish with 2 tbsp. chopped parsley.

FAMOUS BEAN AND BARLEY SOUP

1/2 C dried lima beans
1 1/2 tbsp. pot barley
4 C water, meat or vegetable stock
1 medium onion, sliced
1 stalk celery, chopped
1 tbsp. dried or 3 sprigs fresh parsley
1/2 C carrots, chopped
1 tbsp. dried mushrooms (optional)
1/2 - 1 C soup meat
1-2 marrow bones
1/4 tsp. celery salt or seed
1/4 tsp. dill
3/4 tsp. salt
1/2 tsp. kelp
1 tbsp. nutritional yeast (optional)
Place all ingredients in soup kettle and simmer gently for 2 hours or until beans and meat are tender.

If a thought comes quick of doing a kindness
Don't put it off, don't wait.
What is the use of doing a kindness
If you do it one day too late.

FARMERS SUPPER SOUP

1 C cabbage, shredded
1 C kohlrabi, chopped
2 carrots, cut up
1 C green peas, fresh or frozen
1 C green beans
4 tbsp. butter
1 onion, minced
4 tbsp. flour
8-12 C meat stock
1/2 tsp. salt and pepper
Cook vegetables in water. Drain, reserving liquid. Set aside. Melt butter and brown onion lightly. (Cook onion with other vegetables if you do not wish to brown it.) Stir in flour and cook until boiling. Stir in meat stock. Simmer 20 minutes. Add cooked vegetables and heat. Season according to your taste. Serves well with toasted rye bread.

FRESH CARROT SOUP

2 C fresh carrot juice
1 C carrots, grated raw or cooked
1/2 C cooked chick peas
1/4 C oatmeal
1-2 cloves garlic or garlic powder
Cook for 5 minutes.
Variation: Add tomato juice or kidney beans.

FRESH CELERY SOUP

Whiz in blender until smooth:
1 1/2 C water or soya milk or substitute
1/2 C cashew nuts or peanuts or almonds
1 small onion
1 tbsp. arrowroot powder or barley flour, cornstarch or potato starch
1 tbsp. oil (optional)
1 tsp. salt (scant)
1/2 tsp. celery seeds
1 large handful fresh celery tops
Heat through, stirring until thickened. Do not boil. Garnish with more chopped celery leaves. Serve with crackers or whole grain bread sticks.

FRESH TOMATO AND CELERY SOUP

1 carrot, chopped
1 small onion, chopped
1 C celery, chopped
1/2 green pepper, chopped
4 tbsp. oil, or less (optional)
Saute vegetable in oil (if tolerated).
Add:
4 C meat or vegetable broth
4 C fresh tomatoes, peeled and chopped
1/2 tsp. salt
1/2 tsp. curry powder
1/4 tsp. pepper
Bring to a boil. Simmer 20 minutes. Mix 4 tbsp. barley, rye or oat flour with 1/2 C meat or vegetable broth or water. Stir into boiling soup and cook until thickened.

IT'S A FISHY SOUP

2 C cooked salmon
4-5 C nut milk
Salt and pepper to taste.
Heat milk. Add salmon and seasoning. Simmer 10 minutes. Serve with crackers.
Variation: Add 2 tbsp. brown butter.

LENTIL AND FENNEL STEW

Into a kettle put:
1 1/8 C dried lentils
1 1/2 small green onions with tops or 1 regular onion
1/2 tsp. salt
1 C fresh fennel tops chopped fine or 1/4 C dried fennel (scant)
Cover with water or part meat stock . Let soak for 1-2 hours. Simmer until tender for 1 hour. When done add 1 tbsp. oil (optional) and fresh or powdered garlic to taste.
Note: Plant some sweet fennel in your garden. The tops are excellent for soups and stews.

A song in your heart
gives your day a good start.

LENTIL SOUP

1 C dried lentils
2 1/2 C water or chicken stock
1 medium onion
5 cloves garlic
1/2 - 1 tsp. chili powder
1/2 tsp. cumin powder
1/2 C raisins (optional)
1 tbsp. blackstrap molasses (optional)
5 tbsp. tomato paste or juice
Bring lentils to a boil in the water and simmer 20-25 minutes with onion and garlic. Add remaining ingredients and cook 20 minutes longer, until lentils are tender but not mushy.

MARTHA'S SEED SOUP

1 C seeds (dry from pumpkin or squash)
1 1/2 C water or nut milk or broth
1 tbsp. nut butter
Blend in blender until very creamy. Add chopped parsley or chives. Dilute with more milk or water to desired consistency. Season with vegetable salt. Serve hot with crackers.
Variation: 1 C fresh uncooked corn from the cob may be added.

MOM'S PUMPKIN SOUP

2 green onions, chopped
2 tbsp. oil (optional)
1/2 C celery, chopped
Saute onion and celery in oil or cook in water until tender. Add:
2 C meat or vegetable broth
2 C cooked mashed pumpkin
1/2 tsp. salt
Dash of pepper, oregano and nutmeg
1/2 -1 C nut or rice milk
Heat until boiling. Add nut milk last.

The race is not always to the swift, but to those who keep on running.

NUTTY CARROT SOUP

1 1/4 C meat broth
3/4 C water
1 C carrots, chopped
Simmer until tender.
Saute:
1/4 C celery, chopped
1/4 C onion, chopped
2 tbsp. oil or water
Add:
3 tbsp. flour
1/8 tsp. salt
1 1/2 C nut milk
Boil until thickened. Stir in 1/2 C nut butter. Add cooked carrots and broth. Heat, but do not boil.

PAPPY'S RICE SOUP

1/2 C cooked rice
3 C nut milk
1 egg, beaten
1 tbsp. flour
Salt to taste
Bring rice and milk to a boil. Beat egg with flour. Add to rice. Cook several minutes. Serve with maple or apple syrup.
Variation: Substitute 2 C bread crumbs, or rice cakes etc. for rice.

PUMPKIN SOUP

1/4 C green pepper, chopped
1/4 C onion, chopped
1 tsp. parsley
1/8 tsp. thyme
1 bay leaf
2 tbsp. oil
1 C (heaping) canned tomatoes, diced (or tomato paste)
2 C mashed pumpkin
1 tsp. chicken soup base or poultry seasoning
1-2 C water or stock
1 tbsp. flour
1 C nut milk
1 tsp. salt
1/8 tsp. pepper
Shake of oregano (optional)

PUMPKIN SOUP (CONT'D)

Saute pepper, onion, parsley, thyme and bay leaf in oil until tender. Do not brown. Add tomatoes, pumpkin, water and chicken soup base. Reduce heat and simmer 30 minutes. In a bowl, combine flour and milk. Stir into soup; add salt and pepper. Cook until mixture boils.
Note: If you do not want to saute peppers, onions etc., just cook them with tomatoes and pumpkin etc.

SALSIFY SOUP

1 1/2 C diced salsify
1 1/2 C water or chicken or vegetable broth
1 tbsp. butter or nut butter (optional)
1-2 C milk or substitute
Salt, pepper and parsley to taste
Cook salsify in salt water until tender. Add butter and milk and bring to a boil. Season to your taste.
Variation: Blend soup in blender.

SAUSAGE'N POTATO SOUP

4 large potatoes
1 large onion, chopped
1 tbsp. fresh parsley
1 lb turkey or beef sausage sliced
4-6 C nut or rice milk
Salt and pepper to taste
Combine all ingredients and boil 20-25 minutes or until potatoes are tender. Great served with fresh bread. Add more or less liquid if desired.

SAVORY LENTIL SOUP

1 C red lentils
1 medium onion, chopped
2 stalks celery, chopped
2 tbsp. oil (optional)
2 tbsp. tomato paste
2 clove garlic, crushed
5 C chicken stock - more or less to make desired thickness of soup
Chopped parsley
1/2 C long grain brown rice, cooked

SAVORY LENTIL SOUP (CONT'D)

Fry onions and celery in oil until tender. (Or add to the rest of ingredients without frying.) Add tomato paste, garlic and chicken stock. Boil until lentils are tender. Add parsley and rice. Simmer 10 minutes.

Variation: Good with a few meat pieces or chopped carrots added.

SOYBEAN SOUP

1 C pre-soaked soybeans
Cover with water and cook until tender. Add:
1 C tomato paste
1 C tomato juice (or more)
Salt and pepper
Onion powder
Dried parsley and celery flakes
Season according to your taste. Blend in blender. Serve.

TOMATO SOUP

1 tbsp. onion, chopped (optional)
1 tbsp. oil (optional)
2 tbsp. flour
2 C milk or substitute
Salt and pepper to taste
2 1/2 C fresh or canned tomatoes or juice
1/8 tsp. soda
Simmer onion in oil until tender. Blend in flour. Stir in milk until slightly thickened. Season. In another saucepan heat tomatoes. Add soda to hot tomatoes then combine quickly with hot milk.
Note: You do not need to fry onion in oil. Just add onion to hot milk or cook a little in water first, or omit onion and oil.

VEGETABLE STOCK

5 C water
1/2 C onion
1/2 C each of 4 vegetables of your choice; spinach, tomatoes, turnip, celery, carrots, cabbage
1 bay leaf
1 clove garlic

Bring to a boil then simmer for 2 hours. Strain, cool and refrigerate or freeze. Use to make soups.
Note: You can keep vegetable trimmings or leftovers in the freezer until ready to make stock.

VEGETARIAN STOCK

10-12 C clean potato peelings
3 qt. water
14 cloves garlic
2 onions
1 stalk celery
3 sprigs parsley
1 bay leaf
Bring to a boil and simmer for 2 hours. Strain and cool.

VEGETARIAN MINESTRONE

3/4 C navy beans or chick peas
4 C cold water
Soak beans 2-3 hour or overnight in water.
Add 1 tsp. salt. Boil gently until beans are tender. In a large pot saute until soft:
2 tbsp. olive oil
1 stalk celery, diced
1 onion, chopped
1-2 cloves garlic, minced
Add:
6 C liquid (vegetable or meat stock, water)
2 tbsp. tomato paste
1 C chopped, pureed or canned tomatoes
1 carrot, diced
1 small diced zucchini or 1 cubed eggplant
1 small potato diced or 1 green pepper
2 tbsp. parsley
1 tsp. rosemary or basil
1/4 tsp. oregano
1/4 tsp. pepper or 2 whole cloves
Cook until soft. Add 1/2 C rice or noodles, etc. Add:
1/2 small head cabbage, diced.
Boil until soft. Blend 1/2 of chick peas and add all beans and liquid to soup. Garnish with parsley.

VEGGIES WITH MEAT SOUP

2 medium carrots, sliced
1 bunch broccoli, chopped
4 C water or meat broth
1/2 tsp. salt
1 bay leaf
1/2 tsp. savory, or herb blend
1/2 C rice noodles
Combine all ingredients and boil until noodles are soft. Add:
1 C cooked stewing meat, roast beef chunks, chicken, turkey, lamb, etc.
1/2 C gravy
Let stand 10 minutes. Remove bay leaf, heat and serve.

YE OLD TIME BROTH SOUP

1 qt. meat or vegetable broth
4 eggs, beaten
2 tbsp. flour
Salt and pepper to taste
Bring broth to a boil. Beat eggs, add flour and pour into boiling broth. Boil 5 minutes or until thickened. Serve with bread or crackers. Also good with a few meat pieces left in the broth.
Variation: Add more or less egg or flour to achieve desired consistency. You can also thicken with just flour, or make rivels with flour, water and oil.

YUMMY PEA SOUP

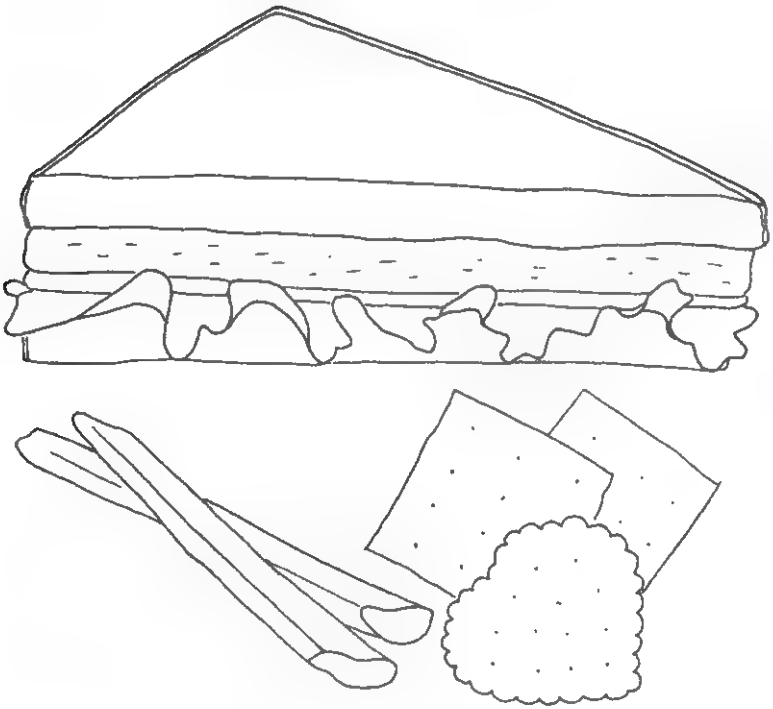
Blend until smooth:
2 C hot water or chicken or vegetable stock
1 C cashews, peanuts or other nuts
1 tbsp. onion powder
1 tsp. salt
1/4 tsp. celery seed
1 tbsp. oil (optional)
Dash of garlic and thyme
Add and blend:
1 lb. frozen or fresh peas
(You can keep half of the peas to stir in last just before serving, if desired.)
2-3 C hot water (more or less depending on the consistency you want)
Heat thoroughly. Serve with alfalfa sprouts.
Variation: Use asparagus, broccoli or beans instead of peas.

ZESTY GAZPACHO SOUP

2 C canned stewed tomatoes
1 C beef or chicken broth
1 C peeled, raw cucumber, chopped
1 garlic clove, chopped
1 C onions, sliced
1 C celery, chopped
2 tbsp. lemon juice
Dash of salt and pepper
Boil until celery and onions are tender. Serve with crackers.

Resignation is surrender to fate.
Acceptance is surrender to God
Resignation lies down in an empty universe.
Acceptance rises up to meet God who fills the universe with purpose and destiny.
Resignation says "I can't".
Acceptance says "God can".
Resignation paralyses the life process.
Acceptance releases the process for its greatest creativity.
Resignation says "It's all over for me".
Acceptance asks "Now that I'm here, what's next, Lord?".
Resignation says "That's a waste!"
Acceptance asks "In what redemptive way will you use this mess, Lord?"
Resignation says "I am alone."
Acceptance says "I belong to You, O God."

Snacks and Sandwiches



FEEDING SOULS

As for our children I prepare
And serve our daily bread,
Dear Lord, help me remember that
Their souls need to be fed.

Help me to offer nourishment-
Thy living manna sweet,
A portion of Thy Holy Word-
As help for all they meet.

Let me be an example true
So all around may see
That souls have need of nourishment
Found only, Lord, in Thee.

SANDWICHES

The best sandwich is one that combines bread with lots of fresh vegetables, such as tomatoes, sprouts, cucumbers, lettuce, finely grated carrots or avocado. Different types of bread can add variety to your sandwiches. Try adding your fresh salad to a pita bread pocket for a sandwich.

DELICIOUS TOMATO SANDWICH

Take a big, thick slice of home made bread and spread it with mustard and mayonnaise. Thinly slice an onion, and spread a layer on top of the bread. Add a layer of tomato slices and green or red sweet pepper rings. Cover the whole sandwich with a slice of cheese. Put on a cookie sheet and broil until the cheese is melted and browned. Serve at once.

BEAN SPREAD

1 C cooked beans, salted
1/4 C mayonnaise or ketchup
Blend beans with dressing. Use as a spread for crackers or on sandwiches.

FRUIT TOAST

1 C raisins
1 C dates
2 1/2 C fruit juice (orange or pineapple)
Simmer until fruit is soft then add:
2 tbsp. cornstarch or barley flour mixed with 2 tbsp. cold water
Cook until thickened. Toast 6 slices of bread. Pour the fruit on the toast. Spread nut butter on the toast first if desired.

GREEN SANDWICHES (SUNFLOWER PATE)

Put some sunflower cheese in a bowl and add some corn. Chop some red peppers, celery, onion and garlic in a food processor or blender. Add to the sunflower cheese and corn. Add some dried algae, dulce, tamari, parsley or any other desired seasonings. Mix and place 1 tablespoon on a lettuce leaf and roll up and eat.

Variation: This mixture can also be made into crackers and dried.

GRILLED SESAME SANDWICHES

Spread rice cakes with butter and tahini (sesame) butter. Place on a cookie sheet and broil until bubbly and brown.

Variation: Put a slice of cheese on top before broiling or put a tomato and onion slice on tahini before cheese.

HERO SANDWICH

Mustard butter:
1 tbsp. butter
1 tsp. prepared mustard
1 tsp. minced green onion
Sandwich:
1 French roll
2 thin slices meat loaf
2 slices swiss cheese
2 slices tomato
1 dill pickle slice

For mustard butter, cream butter until light and fluffy. Beat in mustard and green onion until well combined. For sandwich, cut roll horizontally in half. Spread surface with mustard butter. Place 1 slice of meat loaf on bottom half of roll. Top with 1 slice cheese, 2 slices tomato, another slice of meat loaf, another slice of cheese and a pickle slice. Place top of roll over pickle; secure with a wooden pick. Wrap in plastic wrap if not serving immediately.

HONEYED TOAST

Cut home made bread into slices about an inch thick. Lightly oil a baking sheet with olive oil and spread the slices of bread, single layer. Bake at 325 F for 15 minutes. Lightly brush both sides of the bread with olive oil and then spread with honey. Turn slices over and bake another 15 minutes or until lightly browned. Serve warm or cold.

HUMMUS SANDWICH SPREAD

2 C cooked chick peas, drained
1 - 2 cloves garlic
4 tbsp. lemon juice
1/4 - 1/2 C tahini butter (sesame)
Sea salt and pepper to taste (optional)
1 medium small onion, chopped
1 - 2 tbsp. parsley, chopped

Blend all ingredients in blender until smooth. Add water if necessary. Use as a sandwich spread or dip with raw vegetables or crackers.

MIRACLE CHICKEN SPREAD

1/2 C dried chick-peas
2 C water
3/4 C diced cooked chicken
1 tbsp. fresh lemon juice
3 small onions, minced
2 tbsp. minced parsley, or dill
1/4 tsp. ground cumin seed
1/2 tsp. chili con carne seasoning
4 dashes ground red pepper (cayenne)
2 tbsp. tomato juice
2 tbsp. mayonnaise-type salad dressing

Soak chick-peas overnight in cold water to cover. Drain. Place in small heavy-bottomed saucepan. Add 2 cups of water. Bring to a boil. Reduce heat to simmering and cook, partially covered, until tender (about 2 hours), stirring from time to time. Mash in bowl while warm. Add chicken to bowl. Sprinkle with lemon juice, mashing mixture to blend. Add onion, parsley and spices. Stir in tomato juice until incorporated into mixture. Then blend in mayonnaise. Serve at room temperature or chilled as a sandwich spread, appetizer (served in lettuce cups) or as a canape spread on thinly sliced angles of any kind of bread.

PEA-NOT MEAT

Mix or blend together:
1 C corn meal
3/4 C peanut butter or other nut butter
1 C whole wheat flour or part oats
1 qt. tomato juice
Add:
1 1/2 tsp. salt
1 1/2 C warm water
1 tsp. onion powder (optional)

Mix all together well and bake in cans or steam in small greased tin cans about 1 1/2 hours. This is better served the second day. It is good sliced in sandwiches with a layer of sprouts and a generous dab of home made mayonnaise.

PIZZA SANDWICH

Spread slices of bread with catsup or tomato paste. Add a generous layer of golden sauce (see recipe in main dish section) or cheese sauce. Dot with nut cheese, agar cheese, tofu, olives, cooked garbanzo beans, onions peppers, cooked eggplant, etc. Use any combinations desired. Grill the sandwiches until the edges are brown.

SANDWICH SPREADS

1. 1/4 C salmon, cooked or canned
   1/4 C goat yogurt or mayonnaise
   Mix together and use as a sandwich spread. Add herbs or mashed kidney beans for flavour.
2. Cooked chopped chickpeas make a good spread. Mash them in a blender and add chicken broth or water. Add parsley, garlic or onion and herbs (optional). Good on rice cakes or rye bread.
3. Mix cooked mashed carrots or squash with yogurt and spread on rice cakes or bread.
4. Left over meats, sliced, chopped or ground in food chopper to the texture of salmon, can be mixed with mayonnaise and used for sandwiches.
5. To egg salad sandwiches add one or more of the following: onion, celery, cheese, chopped pecans, grated carrots or zucchini.

SANDWICH SUGGESTIONS

1. Blend tomato with mayonnaise.
2. Mashed beans with tomato paste.
3. Mashed beans with mayonnaise and onion.
4. Equal parts of grated carrot, nut butter and mayonnaise.
5. Spread mayonnaise and bean puree on bread and top with lettuce.
6. Mayonnaise with 1 C grated carrot and 1 C cooked peas, drained.
7. Equal parts of nuts and raisins and moisten with mayonnaise.
8. Slice apples into nut butter and add raisins, prunes or bananas instead of jam.
9. Puree garbanzo beans, and add mayonnaise.

SEAWEED SANDWICHES OR "MOCK TUNA"

Blend some tomatoes, onion, garlic, soaked almonds, lemon juice, soy sauce or tamari, kelp or algae and herb seasonings in blender. Add some sprouts. Place 1 tbsp. on a nori seaweed sheet with some sprouts on top and roll up. Slice and eat like a sandwich.

Variation: Omit tomatoes and add celery, or any other veggies desired.

TANGY DIP OR SPREAD

1 C of your favourite mayonnaise
1 tsp. dried onion flakes
1 tsp. soy sauce
1 tsp. dry parsley
Mix and let stand for 1 hour. This is good as a dip or a spread.

TOASTED CHEESE'N SALAD SANDWICHES

1 slice bread per person
Toast on both sides and spread with butter. Then spread with prepared mustard or mayonnaise. Spread with a thick layer of sprouts, or grated cabbage. Sprinkle with onion, salt and seasonings. Cover with a thin slice of cheese if desired. Put under broiler until melted and warm.

TOASTED ZUCCHINI SANDWICHES

2 C shredded zucchini
1 tsp. salt
1/2 C grated cheese (optional)
1 C mayonnaise
1 tsp. soy sauce
4 green onions, minced
Mix zucchini with salt and let stand while mixing the rest of the ingredients. Put 12 slices of bread or rice cakes on cookie sheets. Mix zucchini with mayonnaise mixture and pour on bread. Bake at 325 F for 30 minutes.

TOFU GRILLED CHEESE

Spread 2 1/2 C lightly sea salted, crumbled tofu on whole wheat bread. Butter bread on outside (optional). Bake in a hot oven or in a pan.

TOFU SANDWICH SPREAD OR DIP

8 oz. tofu or cream cheese
Mayonnaise
Garlic powder
Tabasco, tamari, and/or worchestershire sauce
Mash tofu. Mix in mayonnaise, garlic powder and a few drops of tabasco, tamari, and/or worchestershire sauce. For a dip, add some liquid until it is desired consistency. Great with all raw vegetables.

TOFUNA DIP OR SPREAD

1 C tofu or cream cheese
6 1/2 oz. tuna or cooked chicken
2 tbsp. nut butter
Small green onion, minced
Mix thoroughly. Use as a vegetable dip or sandwich spread.
Variation: Stuff a tomato or roll mixture into a cabbage or lettuce leaf.

TUNA SPREAD OR DIP

8 oz. cream cheese
2 tbsp. onion, finely chopped
Pinch of curry powder
1/2 tsp. seasoned salt
2 hard-boiled eggs, chopped finely
1 can (6 oz.) flaked tuna
2 tbsp. finely chopped celery
1/8 tsp. pepper
1/2 tsp. tamari sauce
4 tbsp. mayonnaise
Cream the cheese, add remaining ingredients. Serve on your favourite crackers or use a dollop on a salad plate with other salad greens or use as a dip.

Do not walk in front of me...I may not follow,
Do not walk behind me...I may not lead,
Just walk beside me...and be my friend.

TURKEY BURGERS

1 1/2 C turkey cooked and diced
1 C cheese, shredded (optional)
1/2 C salad dressing
3 hard cooked eggs
1 tbsp. onion, chopped
2 tbsp. sweet pickles or relish
1/4 tsp. salt
Dash of pepper
Combine all ingredients. Spread onto buttered bread slices or buns. Put a second piece of bread on top and broil in oven.
Variation: Substitute tuna, chicken, beef hamburger, salmon etc. for turkey. Add 1 - 2 tbsp. chopped celery and 1 - 2 tbsp. chopped peppers. Substitute cream cheese or yoghurt for cheese.

VEGGIENUT SPREAD

Put soaked nuts through juicer followed by vegetables, so that you have a pate. Eat on rice cakes or as your protein dish for the day.

SNACKS

Here are a few suggestions to help fill the empty spots between meals.

CREAMY FRUIT POPS

1 6 oz. can pineapple concentrate
1 1/2 C milk
2/3 C dry milk
1/4 tsp. vanilla
Blend and pour into popsicle mould. Freeze.

FRUIT YOGURT POPS

1 C strawberries or any other fruit puree
1 C plain yogurt
1/3 C honey (optional)
Blend berries until smooth. Add remaining ingredients. Pour mixture into popsicle molds. Freeze until firm. Remove from mould and serve.
Variation: Use only pureed fruit if you want to omit dairy and honey.

FROZEN BANANA POPS

Spread banana half with nut butter or frosting. Coat with nuts, seeds or coconut. Insert stick then freeze.
Variation: Try banilla pudding recipe in dessert section for popsicles.

HAYSTACKS

Place corn chips on plate. Spoon on hot beans. Layer with your choice of: chili, sloppy joes, chopped tomatoes, lettuce or cabbage (in bite size pieces), onions, sprouts. Top with cheese sauce or substitute.

HERB CHEESE SPREAD

1 C low-fat cottage cheese
1 tbsp. yogurt
1 clove garlic, minced
1 small onion, minced
1/4 tsp. thyme
1/4 tsp. oregano
Beat cottage cheese and add the rest of ingredients. Chill. Garnish with parsley if desired. Use to stuff celery.
Variation: Add 1 tbsp. horse radish.

LUNCHTIME/BEDTIME COOKIES

1 C raw sunflower seeds
1 1/2 C grated cheddar cheese
1 tsp. chives
1/2 tsp. salt
Process all ingredients in a blender or food processor until dough forms a ball or holds together when squeezed. Shape into balls (18 to 24). Press lightly with a floured glass bottom to flatten. Bake at 375 F for 8 - 10 minutes. These cookies supply the body with protein, calcium and magnesium.

PINEAPPLE CHEESE BALL

2 - 8 oz. cream cheese or tofu
Cream and add:
1 can crushed pineapple, drained
2 C pecans
1/4 C green or red pepper
2 tbsp. onion
1 tbsp. salt
Form into a ball. Coat with more pecans. Chill.

POPCORN SNACK

2 qt. popcorn, unsalted
3 C shoestring potatoes
1 C peanuts, salted
1/4 C oil or butter, melted
1 tsp. dill weed, dried
1 tsp. soy sauce
1/2 tsp. lemon - pepper seasoning (optional)
1/4 tsp. garlic powder
1/4 tsp. onion
In a roast pan, combine popcorn, potatoes and nuts. In a bowl, combine melted butter, soy sauce, lemon - pepper, garlic and onion powder. Pour over popcorn and stir. Bake 325 F for 8 - 10 minutes.

PROTEIN BARS

Combine:
2 C cooked brown rice
1/2 C nut butter
1/4 C honey, apple molasses or maple syrup
1 C oat, rye, barley or wheat flakes
1/2 C rice flour, more or less to make a very stiff dough
1/2 C ground almonds
1/2 C ground raisins, prunes or figs (optional)
1/4 C carob powder
Work with hands as it is very stiff. Press into 8" x 8" pan. Chill and cut into bars.

SPICY POPCORN

2 qt. popped popcorn
1/4 C margarine or butter
1/2 tsp. cinnamon
1/4 tsp. nutmeg
Put popcorn in a bowl. Melt butter, stir in spices. Pour over popcorn and toss until coated. Store in an air tight container.

UNBAKED BRAN CRUNCH BALLS OR COOKIES

1 C nut butter
1/4 C honey, apple syrup, maple syrup or raisins
2 C bran flakes, oatmeal, rice krispies, granola, bran cereal, or oat bran etc.
1/2 C sesame seeds or nuts
Combine honey and nut butter. Add cereal and seeds. Shape into balls and roll into toasted sesame seeds, nuts or coconut. Makes 2 dozen balls.

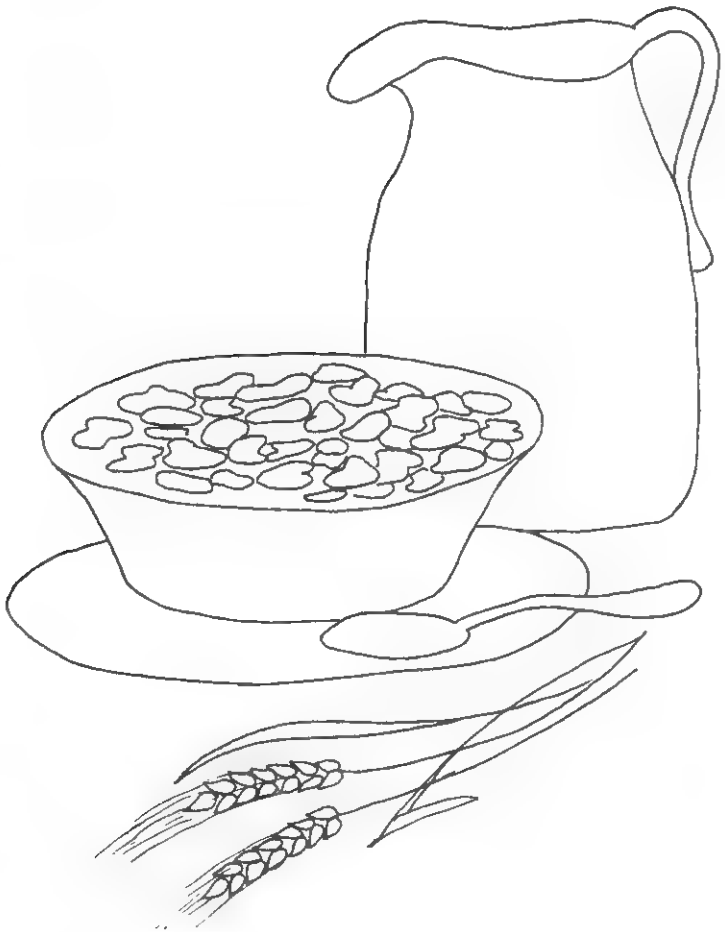
WHEAT-NUT SNACK

6 C shredded wheat, broken into small pieces
3 C pecans or walnuts, chopped
1/2 C margarine or butter, melted
Melt butter or margarine in baking pan in oven at 250 F. Add shredded wheat pieces and nuts. Mix well and bake for 30 to 50 minutes.

TOOT TOOT

A peanut sat on the railroad track,
His heart was all a - flutter:
The five - fifteen came rushing by -
Toot! Toot! Peanut butter.

Breakfasts



BREAKING THE FAST

In breaking our fast every morning,
Let's break it the way that we should;
Let's serve up a meal that is healthy,
Attractive and hearty and good.

The breakfast we eat will determine
How well we feel much of the day.
Let's do what we can to encourage
Well being and joy for our way.

BREAKFAST CEREALS

When making your own cereals, choose different ingredients for variety. They can be eaten as a snack or a light meal. Granola can be used as crusts or as baked toppings on fruit cobblers or cakes. Try adding to cookies for extra crunch.

APPLE OATMEAL

1 C water
1/4 C apple juice
1 apple, diced
2/3 C oatmeal
Cinnamon or nutmeg
Simmer until porridge is thick. Serve with nut milk.

APPLE RICE BREAKFAST

1 1/2 C cooked rice
1 C apple juice
1 C water
2 tbsp. ground almonds
Cinnamon
Cook 1 hour, blend and serve warm. This can also be cooked before hand and reheated to serve.

BAKED OATMEAL

1/2 C oil (or less)
1/4 C honey
2 eggs
3 C oatmeal
1/2 tbsp. baking powder
1 C milk or apple juice
If you are using apple juice for liquid, sweetener may be omitted. Raisins may be added if desired. Bake at 350 F for 30 - 35 minutes in a bowl and use as a breakfast cereal or pudding. You can also bake in a pan and use as squares.

Always be like an egg -
sunny side up!

BRANOLA

1/2 C honey
1/2 C vegetable oil
Mix and add to:
3 C oatmeal
3 C bran
1 1/2 C coconut
1 C sesame seeds
Mix well and bake at 250 F for 30 minutes.

BREAKFAST CEREAL

10 C oatmeal, rye, barley or other cereal flakes
1/2 C margarine or oil
2 C oat bran
2 C sunflower seeds
2 C coconut
1 C sesame seeds
1 C raisons
Nuts (optional)
1 C honey or part molasses
Cinnamon, cloves, nutmeg to taste
Nut butter (optional)
Bake at 250 F until golden brown. Stir occasionally.

CRUNCHY CEREAL

2 C puffed wheat
2 C cheerios or Oatios
1 C sunflower seeds
2 C oatmeal
1 C wheat germ or bran
1 C chopped walnuts
1/2 C salad oil
2 C puffed rice
1/2 C sesame seeds
1 C unsweetened coconut
1 C raisins
1/2 C honey
Heat oil and honey for three minutes. Add vanilla and pour over dry cereals. Bake until crisp.

A rumor is about as hard to unspread as butter.

CRUNCHY GRANOLA

Mix together:
3 C rolled oats
1/2 C wheat germ
1/2 C oat bran
Toast in oven until golden. Into second container mix:
1/2 C sunflower seeds
2 C coconut
1 1/2 C mixture of nuts and/or seeds of your choice
Toast until golden. Mix 2 hot mixtures together and add:
1/4 C oil
1/4 C honey
1/2 C apple juice
2 tsp. cinnamon
1/2 tsp. nutmeg
OR
Blend:
1/2 C apple juice
1/2 C dates
1/4 C oil
Toast until crisp at low heat. This method allows for oats and nuts to be toasted individually so as not to burn oats before nuts are done.
Variation: Add malted barley syrup and press into pan for granola bars.

DATE, RICE AND MILLET BREAKFAST

1 C rice
1/2 C millet
4 1/2 C water
1/4 C dates
1/4 tsp. nutmeg
Bring to a full rolling boil. Reduce heat and steam 45 minutes. Let set for 10 minutes then serve with nut milk.
Note: For a quick breakfast, reheat from previous day.

Envy - A disease you catch from your neighbours.

DELUXE HEALTH CEREAL

2 C rolled oats
2 C natural bran
1 C wheat germ
1 C sesame seeds
1 C shelled sunflower seeds
1 C finely chopped nuts
2 C rye flakes
2 C wheat flakes
1 1/2 tsp. cinnamon and nutmeg
1 1/2 C oil
1 C honey and 1 C water or fruit juice
2 C raisins
1 C apricots
1 C prunes

Melt honey and/or water and add oil. In a large bowl combine dry ingredients. Pour melted honey mixture over dry ingredients and stir well. Bake at 300 F for 45 minutes, stirring every 10 minutes. Add dried fruit after baking, stirring a few times while it is cooling.

Variation: Vary ingredients according to what you have on hand.

FOUR GRAIN CEREAL

1/2 C rye flakes
1/2 C oats
1/2 C rice
1/2 C millet
4 1/2 C water
1 tsp. salt (optional)

Combine in a 2 qt. casserole. Cover and bake at 150 F all night or in a crock pot. Serve with fruit and/or nut milk.

FRUITED MILLET CEREAL

2 C water
1/2 tsp. sea salt (optional)
1/2 C millet

Cook for 15 minutes.

Add:
1/2 C dates or raisins
1/2 C chopped nuts

Continue cooking for 15 minutes. Serve with nut milk.

FRUITY OATMEAL

1 3/4 C oatmeal
4 C boiling water or part fruit juice
1 tsp. sea salt (optional)
Sprinkle oatmeal into rapidly boiling water. Cook for 10 minutes.
Add:
2 tbsp. wheat germ
1/2 - 1 C chopped dates, figs or raisins
Cook over low heat for 10 minutes. Slice in 1 banana and let stand 2 minutes. Serve with nut milk.

GRAPE NUTS #1

5 C barley flour
2 C rice flour
3 C oat bran
1 C ground flax seed
2 1/2 tsp. soda
6 tbsp. oil
2 tsp. vanilla
2 tbsp. apple syrup
2 C each peach and pear puree
Mix in order given and bake in a moderate oven until done. Crumble fine or rub through course grater and dry crumbs in a slow oven.

GRAPE NUTS #2

3 C brown rice flour
2 C millet flour
2 C oat flour
2 C rye flour
2 1/2 tsp. baking soda
6 tbsp. melted margarine or oil
4 C peach and pear puree
2 C apple juice
2 tsp. vanilla
Mix in order given and bake in greased pans at 350 F for 35 minutes. Crumble on coarse grater and then dry them in a slow oven until crisp.

Whenever the going is easy, be sure you are not going downhill.

JAN'S GRANOLA CEREAL

2 C rolled oats
2 C barley flakes
3/4 C soy flour or oat bran
1/2 C chopped almonds or other nuts (optional)
1/2 C chopped dates
1 C water or fruit juice
1/4 C oil

Combine oats, barley flakes, salt, flour and nuts in a bowl. Add dates to water and mash or blend to soften. Add oil until emulsified. Pour over dry mixture, stirring to moisten as evenly as possible. Mix with fingers until all is thoroughly dampened. Crumble a thin layer on a greased cookie sheet. Bake at 350 F for 10 minutes. Reduce heat to 250 F and bake 30 minutes or until dry and lightly browned.

JUST PLAIN PORRIDGE

Put some water or fruit juice in a saucepan. Add some raisins and coconut (or dates, prunes etc.). Bring to a boil and add your oatmeal or barley flakes, rye flakes, millet etc. Cook until done and add nuts before serving. No sweetener needed.

Note: If using millet, soak overnight for a fluffier and quicker cooked cereal.

Variation: Leftover cold porridge is always good with raw fruits, nuts, raisins, coconut, peanut butter etc. and can even be served as a dessert.

MAPLE GRANOLA (UNCOOKED)

Mix together:
2 C oatmeal
1 C wheat germ or oat bran
1/2 C wheat flakes or barley flakes
1 C bran
1 C sunflower seeds
1/2 C each of cashews, almonds, walnuts
1/4 C pecans
1 C raisins
1 C chopped mixed dried fruit (any combination)
2 3/4 C instant powdered milk

MAPLE GRANOLA (UNCOOKED) (CONT'D)

Toss well. Pour in:
1/2 C maple syrup or to taste
Mix thoroughly. Refrigerate in airtight container. Will keep for 3 or 4 weeks. Serve with milk or yogurt.

MUESLI

1 1/2 C wheat germ
1/2 C soy flakes
3 C oatmeal
1 C bran
1/4 C nuts
1 tsp. cinnamon
1/2 C raisins
Bake at 225 F for 45 minutes, stirring occasionally. Allow to cool then add raisins. Store in a tight jar in a dry place.

RICE CEREAL

Place a dry skillet over low heat and toast 1 C brown dry rice. Add 2 C water and 1 tsp. salt and cook until tender. Serve with dates, raisins, bananas or other fruit.

SWISS HEALTH CEREAL

5 C rolled oats
1 C coconut, unsweetened
1/2 C flax seed
1/4 C sesame seeds
2/3 C almonds or pecans
6 tbsp. raisins or dried currants
3/4 C honey
Mix everything together except raisins. Brown in oven for 40 minutes, stirring four times. Put raisins in for the last 10 minutes.

When the meal isn't ready
they're under my feet.
When the food's on the table
They're far down the street.

VIRGINIA GRAPENUT CEREAL

16 C whole wheat flour or graham flour
1 C honey
3 tbsp. soda
1 1/2 C oil (sunflower)
9 C or 2 1/2 qt. buttermilk
1 1/2 tbsp. vanilla
2 tsp. maple flavouring

Mix well all dry ingredients. Add buttermilk to dry ingredients then add oil, honey and flavouring. If it is too thick, add more buttermilk, if too thin add more whole wheat flour. Dough should be fairly thick, like cake batter. Pour onto well greased baking sheet. Bake 30 - 35 minutes at 350 F. When done, turn out on a cloth or rack to cool. As soon as cool enough to handle, break into pieces and crumble by grating or rubbing through a 1/4" screen. Return to pans and place in oven at 275 - 300 F to dry crumbs, until well dried and toasted. Stir occasionally.

WHEAT FREE GRANOLA

4 C quick oats
2 C rye flakes
4 C rye or oat bran
1 C rice flour
2 C barley flour
2 C sunflower seeds
1 C fine coconut
1 C flax seed (preferably ground)

Heat:
1/2 C barley malt
2 tbsp. honey
3/4 C water

Pour over dry mixture, mix well and bake at 275 F for 1 - 1 1/2 hours. Stir every 20 minutes.

The happiness we give to others
Makes us happier too, we find
Just a friendship returns to the friendly
And kindness comes back to the kind.

ASPARAGUS WITH SCRAMBLED EGGS

Asparagus for 4 servings
6 large eggs
Fresh parsley and chives, chopped
Margarine or olive oil
2 tbsp. water
Salt and pepper
Cut asparagus, cook and place in a warm dish. Keep warm. Whisk the eggs and herbs together and scramble very lightly in a generous amount of margarine or oil. Gradually whisk in the water, salt and pepper. The eggs should be very moist, don't over cook. Pour over asparagus. Serve with bread.
Variation: Add ham.

BREAKFAST CASSEROLE

8 eggs
1 C milk
1 tsp. salt
1/4 tsp. garlic salt
1/4 tsp. dry mustard
Dash of paprika, onion powder and pepper
3 tbsp. chopped onion
3 oz. ham or other meat
1 C cheddar cheese, shredded
Beat eggs and milk together. Add next 6 ingredients and beat. Stir in remaining 3 items. Pour in greased 9" square baking dish. Cook, uncovered at 325 F for 45 minutes.
Variation: Add 6 slices cubed bread. Increase milk by 1 cup. This may be prepared the night before and stored in the fridge and baked in the morning.

CHICKEN OMELETTE

2 eggs
2 tbsp. water
1 tbsp. chopped onion (optional)
Beat together. Melt a little butter in a frying pan and pour in eggs. When almost done, lay chicken pieces, peas or other meat or vegetables onto 1/2 of the eggs. Fold the other half over the top of the meat to make an omelette.
Variation: Use water instead of butter for frying.

EGGS IN A NEST

2 slices of bread or rice cakes
2 eggs, separated
Salt and pepper
Butter bread slices. Beat egg whites stiff and put on bread in a shape of a nest. Set yolk in the centre of the egg whites and sprinkle with salt and pepper. Bake at 325 F until brown. (This is a favourite with children.)

OMELETS

Slightly beat together:
2 eggs
1 tbsp. water
Add garlic, raw cauliflower, broccoli, tomato, celery or vegetables of your choice. Pour in pan. Bake on one side then flip and cook the other side.

SCRAMBLED EGGS

Put 1/2" of water in bottom of small cooking pan. When boiling, drop in desired amount of eggs and beat with fork. Add some minced onion, parsley, salt and pepper, and a dash of ketchup (optional). Cook until thick. Serve immediately.
Variation: Add chicken soup base or garlic for a different flavour.

SCRAMBLED TOFU

Saute onion in a little water and add crumbled tofu with salt and pepper. Add yeast free soy sauce to taste. Stir fry until tofu is brown.

TUNA FRITTATA WITH PEAS

2 tbsp. butter or margarine
1 medium onion, coarsely chopped
1 stalk celery, coarsely chopped
3 eggs or 1 egg and 2 egg whites
1/4 C milk or water
1/4 tsp. pepper and seasoned salt
1 C frozen peas, thawed
1 can (106 g) tuna, packed in broth, drained
1 tbsp. grated parmesan cheese (optional)

In one 10" or two 6" ovenproof skillets, melt butter over medium heat. Add onion and celery; saute for 4 minutes or until onion is translucent. In bowl, beat together eggs, milk and seasonings. Stir in tuna, breaking chunks apart, and peas. Pour over onion and celery in skillet. Bake in 350 F oven for about 5 minutes or until nearly set. Sprinkle with parmesan cheese. Bake 3 minutes longer. Let stand about 3 minutes until set. Cut into wedges to serve.

THE FAMILY

The family is like a book -
The children are the leaves,
The parents are the covers
That protecting beauty gives.

At first the pages of the book
Are blank and purely fair,
But time soon writeth memories
And painteth pictures there.

Love is the golden clasp
That bindeth up the trust
Oh, break it not lest all the leaves
Should scatter and be lost.

LESSONS FROM NATURE

The horse is big and fat and round
But eats the grains that do abound
The camel who bears his burden long
On natural food he is made strong
The ox is wide and thick and stout
And lives on grasses grown about
The elephant so great and strong
With hay and grain his days prolong
If fruits and grains and grass and hay
Give animals such strength each day-
Then give me too that simple fare
That Mother Nature doth prepare
If we would have endurance to last
To finish each small important task
Then we should follow God's simple plan
And eat the good foods of the land.

Muffins

SLOW ME DOWN

So often at evening
I'm tired and worried;
My days are so hectic,
Unsettling and hurried;
It seems I can never
Fulfil all my duties;
I've no time for seeing
God's wonders and beauties.
I need to go slower
And look where I'm going,
What things I am missing,
What seeds I am sowing.
I want to be thankful
For how God has blessed me;
And look for His guidance
When burdens oppress me.
So that, as I labour
Fulfilling my duties,
I learn to be peaceful,
Enjoying life's beauties.

MUFFINS

Most flours are interchangeable in these recipes. Egg replacers work well in muffins. There are muffins for breakfast, school lunches, snacks and even as cupcakes.
For nice muffins, beat liquid (in blender if possible) and use a wooden spoon to stir in the dry ingredients, only until moist.
After baking, let sit a few minutes for easier removal from pans.
Muffins are always best served warm.

APPLE BRAN MUFFINS

2 eggs
1/2 C oil
1 tbsp. honey
1 1/2 C water or fruit juice
3 C 100% bran flakes (from health food store)
2 C stirred whole wheat flour
4 tsp. baking powder
1 tsp. nutmeg
1 tsp. cinnamon
1 1/4 C grated apples
Beat eggs, oil and honey. Add water. Mix dry ingredients together. Stir in bran mixture until flour is moist. Add grated apples. Spoon into greased muffin tins, 3/4 full. Bake at 350 F for 20-25 minutes.

APPLE BUTTER BRAN MUFFINS

Stir together:
1 egg
2 1/2 tbsp. oil
3 tbsp. apple butter
1 C buttermilk or soured soya milk
1 C oat bran
With a fork stir together:
1 tsp. soda
1 C barley flour
Add to bran mixture and stir until combined. Bake at 375 F for 15-20 minutes.

In character, in manner, in style, in all things, the supreme excellence is simplicity.
-Longfellow

APPLE BUTTER MUFFINS

1 C water or fruit juice
2 eggs
1/3 C apple butter
4 tbsp. oil
2 C barley or rye flour (scant)
2 tsp. soda
1 tsp. cinnamon
Add dry ingredients to liquid. Bake at 350 F for 20-25 minutes.
Variation: Use 2/3 C pumpkin instead of apple butter and 1/4 C honey (optional).

APPLE MUFFINS

4 tbsp. oil
1 C apple juice or substitute
1 C chopped apples
1 tsp. cinnamon
1 egg, beaten
1/4 C honey (optional)
2 C flour
3 1/2 tsp. baking powder
1 C crushed corn flakes or oat bran flakes (optional)
Mix and bake at 400 F for 25 minutes.

APPLE OAT MUFFINS

1 C shredded raw apple
1 1/2 C rolled oats
1/4 C oil
1/2 C raisins or chopped dates
1/4 C chopped nuts
Core and shred apples. Combine all ingredients and let stand for a few minutes to absorb moisture. Spoon into oiled muffin tins. Bake at 375 F for 25 minutes.
Variation: Use 1/4 C oat flour and 1/4 C less rolled oats.

When life knocks you to your knees, you are in a position to pray.

APPLE ORANGE MUFFINS

1 egg
1/4 C oil
1 C applesauce
1/3 C orange juice
3/4 C rolled oats
3/4 C barley flour
1 tsp. baking powder
1/2 tsp. allspice or cinnamon
1/4 C honey (optional)
Stir liquid into dry ingredients until moistened. Bake at 400 F for 20-30 minutes.

APPLE SPICE MUFFINS

1/2 C butter or oil at room temperature
1 egg
1 C applesauce
1/2 C chopped apples
2 C whole wheat, barley or rye flour
1 tsp. vanilla
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 C raisins, dates or figs
Cream butter (or oil) and add egg, applesauce and apples. Add dry ingredients. Pour into well buttered cupcake tins and bake in a preheated oven for 15 minutes.
Variation: 1. Substitute 2 tbsp. apple juice and 1/2 tsp. baking powder for the egg.
2. Substitute 1 1/2 C rice flour for wheat.

Try Good

APPLESAUCE MUFFINS

1 large egg
2 tbsp. unrefined vegetable oil
1 1/2 C unsweetened thick applesauce
2 C flour
3/4 tsp. baking soda
2 tsp. baking powder
raisins (optional)

APPLESAUCE MUFFINS (CONT'D)

Beat together the egg, oil and applesauce. Add flour, soda, baking powder and salt and beat well. Spoon into oiled and floured muffin tins. Bake at 375 F for 20-25 minutes until firm to touch and browned. Makes 12 muffins.

BANANA MUFFINS #1

2 ripe bananas, mashed
1/4 C honey or less
1/4 C oil
2 tsp. baking powder
1 1/4 C rice flour
1/2 tsp. soda
Bake in muffin tins at 325 F for 25 minutes.
Variation: This can be put in a loaf pan and baked for 3/4 hour.

BANANA MUFFINS #2

2 C millet flour
1/2 C rice flour
2 C mashed banana
3 eggs separated
1/2 C oil
1 C raisins
Mash banana with egg yolk and oil. Beat egg whites until stiff. Lightly stir flour and banana mixture together. Fold in raisins and egg whites. Bake in muffin tins at 400 F for 20-25 minutes.
Variation: 1. Do not separate eggs.
2. This is also good with egg substitute, but you will need to add 2 tsp. baking powder.

BANANA MUFFINS #3

1 large egg or substitute
2 tbsp. vegetable oil
1 1/2 C mashed bananas
1 3/4 C whole wheat flour or 3/4 C each rye and oat
3/4 tsp. baking soda
2 tsp. baking powder

BANANA MUFFINS #3 (CONT'D)

Beat together egg, oil and bananas. Add flour, soda and baking powder. Beat well. Spoon into oiled and floured muffin tins. Bake at 375 F for 20-25 minutes. Makes 12 muffins.
Variation: Substitute 1 1/2 C applesauce and 1/2 tsp. cinnamon for the bananas.

BANANA MUFFINS #4

In blender combine:
1 egg
1/4 C honey or apple syrup
1/4 C oil or butter
1 large or 2 small bananas (3/4 C)
In bowl measure:
1 1/2 C barley flour
1 tsp. baking powder
1 tsp. soda
Mix together and pour into muffin tins. Bake at 350 F for 25-30 minutes or until golden.

BANANUT MUFFINS

2 1/4 C barley flour
1 tbsp. baking powder
6 tbsp. oil
1 C nuts
3 medium size, ripe bananas, mashed
2 eggs
1/3 C nut milk or substitute
1/2 tsp. vanilla
1/2 C raisins (optional)
1 tsp. cinnamon (optional)
Combine dry ingredients with liquid and bake at 400 F for 25-30 minutes.
Variation: Add carob chips.

BLUEBERRY MUFFINS #1

Combine:
1 C rolled oats or oat flour
1 C sour milk or substitute Black Cherry Juice
1/4 C maple syrup (optional)
1/4 C oil
1 beaten egg or substitute

BLUEBERRY MUFFINS #1 (CONT'D)

Mix together:
1 C barley flour or oat or rice or wheat
1 tsp. baking powder
1/2 tsp. soda
Stir until moistened. Gently fold in 1 C fresh, frozen, or drained canned blueberries. Fill well greased muffin tins 3/4 full. Bake at 400 F for 15-20 minutes.

BLUEBERRY MUFFINS #2

Mix:
1 C brown rice flour
1 C oat flour
2 tsp. baking powder
Beat together:
3/4 C milk or substitute
2 eggs
1/4 C oil
1 tbsp. honey (optional)
Add liquids to dry ingredients. Stir until moistened. Add 1 C drained blueberries and 1 tbsp. blueberry juice. Bake at 400 F for 25 minutes.
Variation: Other fruits may be substituted.

BLUEBERRY CORNMEAL MUFFINS

1 C barley flour
1 C cornmeal
3 tsp. baking powder
1 tsp. coriander
1/2 tsp. lemon peel
1 C water or fruit juice
1 large egg
1/3 C oil
1/4 C maple syrup
1 C blueberries
Mix dry ingredients together. Combine water, egg, oil and syrup. Add liquid all at once to dry ingredients. Stir only until moist. Fold in blueberries. Fill greased muffin cups 3/4 full. Bake at 350 F for 25 minutes.

Seven prayerless days makes one weak.

BRAN MUFFINS

2 tbsp. oil or butter
1 tbsp. honey or molasses
1 egg
3/4 C oat bran
1 C all purpose flour
1 tsp. baking soda
1 C raisins
1 tbsp. lemon juice in 1 C water
Mix, adding raisins last. Bake 12-15 minutes at 450 F. Serve with apple butter or molasses.

BRAN MUFFINS WITH DATES

1/8 C maple syrup (optional)
1/3 C soft butter or oil
1 C water with 1 tbsp. lemon juice
1 tsp. baking soda
1 tsp. baking powder
3/4 C oat or wheat bran
1 C barley flour
1 C chopped dates
Mix ingredients in order given. Bake in muffin tins at 350 F for 20-25 minutes.
Variation: If using fruit juice instead of water, omit the lemon juice and the maple syrup.

CAROB CHIP MUFFINS

1/4 C honey
1/3 C oil
1 egg
1 C milk or substitute
1 1/2 C barley flour
3 tsp. baking powder
1 C carob chips
Mix well but do not beat. Bake at 375 F for 20 minutes.
Note: If using fruit juice as liquid, omit the honey.
Variation: Melt a few carob chips and drizzle over the tops of slightly cooled muffins.

If we learn by our mistakes;
I'm getting a fantastic education!

CAROB ZUCCHINI MUFFINS

1/4 C butter or oil
1/4 C honey (optional)
1/2 C milk or zucchini juice
2 eggs
1/2 tsp. vanilla
1 C grated zucchini
3/8 C carob powder
1 1/2 C sifted barley flour
1 1/2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. soda

Cream oil and honey. Add the eggs, milk and vanilla and beat. Combine dry ingredients and add to the liquid mixture. Mix gently, do not beat. Fold in zucchini. Fill well greased muffin tins. Bake 17 minutes at 400 F.

CARROT BRAN MUFFINS

2 C flour
1 tbsp. baking powder
1 tbsp. soda
2 tsp. cinnamon
1 1/3 C bran
2 C grated carrots
1/2 C raisins
1/2 C chopped nuts (optional)
1/4 C honey
3/4 C milk (soya if desired)
1/2 C oil
3 eggs

In a large bowl, sift together dry ingredients. Stir in bran, carrots, raisins and nuts. In a separate bowl beat honey, milk, oil and eggs. Make a well in dry ingredients and pour in the liquid. Mix only until moistened. Bake in muffin tins at 350 F for 20-25 minutes.

Following the Lord with doubt in your mind, is like driving with the brakes on.

CARROT OAT MUFFINS

Mix together:
1 egg
1/3 C oil
1/4 C honey
1 tsp. vanilla
1 C sour milk or substitute
In separate bowl mix:
1 C oats
1 C barley flour
1 tsp. baking powder
1/2 tsp. soda
Combine liquid with dry ingredients and gently fold in:
1 C grated carrots
1/2 C raisins
1 tbsp. sesame seeds
Bake at 400 F 15-20 minutes.

CARROT WHOLE WHEAT MUFFINS

3 eggs
1/2 C honey
1 1/2 C oil
1 1/2 C buttermilk or substitute
3 1/2 C whole wheat flour
2 C wheat germ
3 tsp. baking powder
3 tsp. soda
3 C raw grated carrots
1 1/2 C raisins
Beat eggs, add honey, oil and buttermilk and mix thoroughly. Combine dry ingredients and add to creamed mixture. Add grated carrots and raisins. Bake at 375 F for 15 minutes.
Note: Makes 4 dozen muffins.

Formula for failure:
Try to please everybody.
-Herbert Bayard Swope

CINNAMUFFINS

1/4 C oil
2 tbsp. molasses (optional)
1 C unsweetened applesauce
1 1/2 C whole wheat or barley flour
1/2 tsp. soda
1 1/2 tsp. baking powder
3/4 tsp. cinnamon
pinch of cloves
1/2 tsp. salt
1/2-1 C raisins
Mix oil, molasses and applesauce. Add flour, soda, baking powder, cinnamon, cloves and salt. Fold in raisins. Drop into muffin cups and bake 18-20 minutes.

CORNMEAL MUFFINS

1-2 tbsp. honey
1 C milk or juice
2 tbsp. oil
1 egg
1 1/4 C barley flour
3/4 C cornmeal
1/2 tsp. salt
3 tsp. baking powder
Bake at 400 F for 20-25 minutes.

CRUNCHY OAT BRAN GEMS

1 egg
1/4 C honey
1/2 C oil
1 tbsp. molasses (optional)
1 C sour milk or substitute
1 C barley or rye flour
1 C oat bran
1 tsp. soda
1/2 -1 C raisins, dates or nuts (optional)
Mix dry ingredients with liquid and bake.
Variation: You may substitute fruit juice for milk but then omit honey.

DATE MUFFINS (GRAIN FREE)

1 C chopped dates
1 C water
Cook dates and water for 5 minutes. Let cool slightly.
Add:
1 tsp. soda
1 tsp. lemon juice (optional)
1/3 C oil
1/2 C fruit juice or water
1 1/2 C chickpea flour
1/4 C tapioca flour
1/4 C arrowroot flour
Mix and put into muffin tins. Bake at 400 F for 10-15 minutes.
Variation: May also be baked in a loaf pan.

HONEY BRAN MUFFINS

1 C oil
1 1/2 C honey
3 eggs
1 1/4 C water
4 C buttermilk or sour milk
2 C raisins
3 C all bran cereal
3 C natural bran
5 tsp. soda
5 C all purpose flour
Mix and allow batter to rest in fridge for one day. Use the batter only as you need the muffins. Bake at 400 F for 20 minutes.
Note: This batter can be stored in the fridge up to one month.

HONEY'N SPICE MUFFINS

1 3/4 C flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. nutmeg
1/4 tsp. cinnamon
1/2 C honey
1/3 C oil
3/4 C milk or substitute
Mix all ingredients, but do not over beat. Bake at 350 F for 20-25 minutes in muffin tins. These muffins are delicious served warm. They taste like donuts. Serve with maple syrup.

HUBBIES FAVOURITE PUMPKIN MUFFINS

1 1/2 C barley or rye flour
1 tbsp. baking powder (scant)
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 egg
1/2 C milk or substitute
1 C mashed pumpkin or applesauce
1/4 C oil
1/4 C honey (optional)
1/2 C raisins

Whisk dry ingredients in a bowl. Blend egg, milk, pumpkin, oil and honey in a blender. Add to dry ingredients and mix well. Fold in raisins. Bake in greased muffin tins for 15-20 minutes at 400 F. Serve with nut butter or fruit jam.

Variation: Add more raisins and omit honey.

NUT BUTTER MUFFINS

1 1/2 C flour
3 tsp. baking powder
1 C oat bran
1 1/4 C milk
1 egg
1/4 C oil
1/4 C honey
1/2 C peanut or nut butter

Put all dry ingredients in a large bowl. Make a well. Beat milk, egg, oil and honey together. Add nut butter. Pour into dry ingredients and stir until moistened. Batter may be lumpy. Bake at 400 F in greased muffin tins for 20 minutes.

OAT MUFFINS

1 beaten egg
1 tbsp. oil
1/2 C mashed banana
1/2 tsp. cream of tarter
1/2 tsp. soda
1 1/4 C oat flour
1 C unsweetened crushed pineapple with juice

Bake at 350 F for 15 minutes.

Variation
1. Omit pineapple and increase banana by 3/4 C.
2. Use 1 tsp. soda in place of 1/2 tsp. soda and 1/2 tsp. cream of tarter.

OAT BRAN MUFFINS

1 egg
2 tbsp. oil
3/4 C sour milk or substitute
1 ripe banana, mashed
1 C oat bran
1 1/2 C barley flour
1 tsp. soda
1/2 tsp. baking powder
1 tsp. vanilla
1 C raisins
Bake at 350 F until centre springs back when touched.

OAT BRAN EGGLESS MUFFINS

1/2 C oil
1/4 C honey
1 tsp. vanilla
1 tbsp. molasses (optional)
2 C oat or wheat bran
1/2 - 1 C raisins, walnuts or dates
2 C flour
3 tsp. soda
2 C buttermilk or yogurt thinned with water or substitute
Blend only until moistened. Fill muffin tins and bake at 400 F for 15 minutes.
Variation: Apple juice can replace buttermilk (omit honey).

OATMEAL BREAKFAST MUFFINS

1/3 C cold pressed oil
1 C oatmeal
1 banana
1 C unsweetened applesauce or pumpkin
1 C soya milk
1 egg
Mix all ingredients together and let sit until oatmeal is soft.
Mix together in a separate bowl:
2 C whole wheat flour
1 tsp. baking powder
1 tsp. soda
1 C raisins
Combine the two mixtures. Spoon into greased muffin tins and bake at 400 F for 35 minutes.

OATMEAL MUFFINS

Mix:
1 C large flaked oatmeal
1 C sour milk or substitute
1/2 tsp. soda
Let this stand while mixing:
1/4 C margarine
1/2 C apple butter
1 egg
1 C whole wheat flour
1 tsp. baking powder
1/2 C chopped dates (optional)
Mix together and bake at 350 F for 1/2 hour.

OAT'N BARLEY MUFFINS

1 C barley flour
1 C rolled oats
1/2 C raisins or nuts
3/4 C water or fruit juice
1/2 C ground dried apple or 1 C fresh shredded apple
1/4 C oil
Combine dry ingredients and ground dried apple and mix well. If fresh apple is used, combine apple with water and oil, and beat to emulsify. Pour into dry mixture, stirring to absorb moisture. Spoon into greased muffin tins. Make as large as desired for finished muffins. Bake 25 minutes or until browned.
Variation: Add 1 egg or 1 tsp. baking powder if tolerated.

OAT-RICE FRUIT MUFFINS

1 C oat flour
2/3 C rice flour
2 tsp. baking powder
3/4 C fruit juice or milk
1-2 eggs, beaten
2 tbsp. honey (optional) omit if using fruit juice
1/4 C oil
1 C drained fruit
Make a well in dry ingredients and add all the liquid at once. Stir only until moistened. Fold in drained fruit. Bake at 375 F for 15-20 minutes.
Variation: Add 1/2 C raisins.

ORANGE DATE MUFFINS

2 tsp. orange peel
2/3 C orange juice
3/4 C chopped dates or raisins
1 egg
1/2 C margarine
1 1/2 C whole wheat flour
1 tsp. soda
1 tsp. baking powder
Put orange juice and peel into blender. Drop in the dates, egg and margarine. Give the blender a short whirl. Stir together the dry ingredients. Pour orange mixture over and stir only until moistened. Bake at 375 F for 15-20 minutes.

ORANGE-MEAL MUFFINS

Soak together for 15 minutes:
1/2 C orange juice
1 C oatmeal
1/2 C boiling water
Cream together:
1/2 C margarine
1 tbsp. honey (optional)
2 eggs
Add:
1 C flour
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
1 C raisins
Rind of one orange
Mix liquid into cream mixture and bake at 350 F for 20 minutes.

PINEAPPLE MUFFINS (GRAIN FREE)

1 1/2 C chickpea flour
1/2 C tapioca flour
1 tsp. baking powder
1/2 C pineapple juice
1 C crushed pineapple
1/3 C oil
1 egg
Combine but do not over mix. Bake at 400 F for 10-15 minutes.
Variation: Omit egg and increase baking powder to 2 tsp.

PINEAPPLE CARROT MUFFINS

2 C barley flour or 1 C rye and 1 C barley
1 tsp. soda
2-3 tsp. baking powder
1 tsp. allspice
2 tsp. cinnamon
1 C nuts (optional)
3 eggs
1 C oil
1 C crushed pineapple
2 C grated carrots
1 C raisins
Combine dry ingredients and add liquids. Add carrots, pineapple, raisins and nuts last. Bake at 350 F for 20 minutes.

PIONEER OAT MUFFINS

3 eggs
2/3 C oil
1/4 C molasses
2 1/2 C oat bran
1 C grated carrots
1 C applesauce or pureed peaches
1 1/2 C soya milk
3/4 C oat flour
3/4 C barley flour
1 tsp. soda
1 tbsp. lemon juice
2 tsp. baking powder
2 tsp. cinnamon (optional)
Mix and bake at 375 F for 20-25 minutes. Makes 2 dozen.

POPPY SEED MUFFINS

1 C milk
1/2 C poppy seeds
1/4 C butter or margarine
1 1/2 tbsp. honey
1 egg
1 tsp. vanilla
2 C all purpose flour
3 tsp. baking powder

The largest room in the world is:
the room for improvement.

POPPY SEED MUFFINS (CONT'D)

Put milk and poppy seeds into small bowl and let stand for 10 minutes. Cream butter, honey and egg thoroughly. Add vanilla. Stir in poppy seed mixture. Combine dry ingredients in a large bowl and make a well in the centre and add liquids. Stir only until moistened. Fill greased muffin tins 3/4 full. Bake at 400 F for 20-25 minutes. Makes 15 muffins.

PUMPKIN BRAN MUFFINS

Beat 4 eggs and add:
2 tbsp. honey (optional)
3/4 C oil
2 C pumpkin
2 tsp. soda
2 tsp. baking powder
1 1/2 tsp. allspice or cinnamon
Beat together and stir in:
1 1/2 C bran
2 C rye, barley or wheat flour
1 1/2 - 2 C raisins
Mix and bake in muffin tins at 350 F.

RICE MUFFINS

3 tbsp. apple butter
4 tbsp. oil
1 egg
1 C nut milk or substitute
1 1/2 C rice flour
2 tsp. baking powder
1/4 tsp. soda
Mix and spoon into greased muffin tins.
Variation: Substitute 3 tbsp. apricot puree for apple butter and omit egg.

A humble person can neither be put down nor exalted; he can neither be humiliated nor honoured; he remains the same person under all circumstances.

SUGARLESS BRAN MUFFINS

1 C oat or wheat bran
1/2 C rice, barley, rye, etc. flour
1 small banana or 2/3 C applesauce
1/3 C plain yogurt
2 eggs
2 tsp. baking powder
1/2 tsp. soda
1 tsp. vanilla or almond flavouring
1/8 C honey or 1/2 C raisins
Bake at 350 F for 12-15 minutes.
Variation: Add beaten egg whites last to make a light muffin.

SUNFLOWER SEED MUFFINS

3/4 C barley or whole wheat flour
3/4 C sunflower seed meal (they can be ground in blender)
2 egg yolks
1 tbsp. oil
2 tbsp. molasses or honey
3/4 C milk
3/4 C raisins
2 egg whites, well beaten
Preheat oven to 375 F. In a bowl combine flour, sunflower seed meal and salt. In another bowl, beat egg yolks and add oil, molasses, milk and raisins. Combine wet and dry mixtures. Fold in beaten egg whites. Bake in oiled muffin tins for 25 minutes.

SUNSHINE MUFFINS

3 eggs
1/2 C oil
2 tsp. vanilla
1 banana, mashed or 1 apple, peeled and grated
1/3 C chopped apricots, dates or raisins
1/3 C sunflower seeds or nuts
1/3 C coconut
1/3 C carob chips
2 C grated carrots
3 tsp. cinnamon
2 tsp. soda
2 C barley, rye or wheat flour
1 tbsp. honey or maple syrup (optional)

Mix dry ingredients into wet and stir until moistened. Bake at 375 F for 15-20 minutes.
Variation: Substitute apples for carrots and poppy seeds for sunflower seeds.

WHOLE WHEAT MUFFINS

1 egg
1 C sour cream
1 tbsp. apple syrup
1 tsp. soda
1 tsp. baking powder
1 C whole wheat flour
1/3 C raisins (optional)
Bake at 350 F for 20 minutes.

ZUCCHINI HARVEST MUFFINS

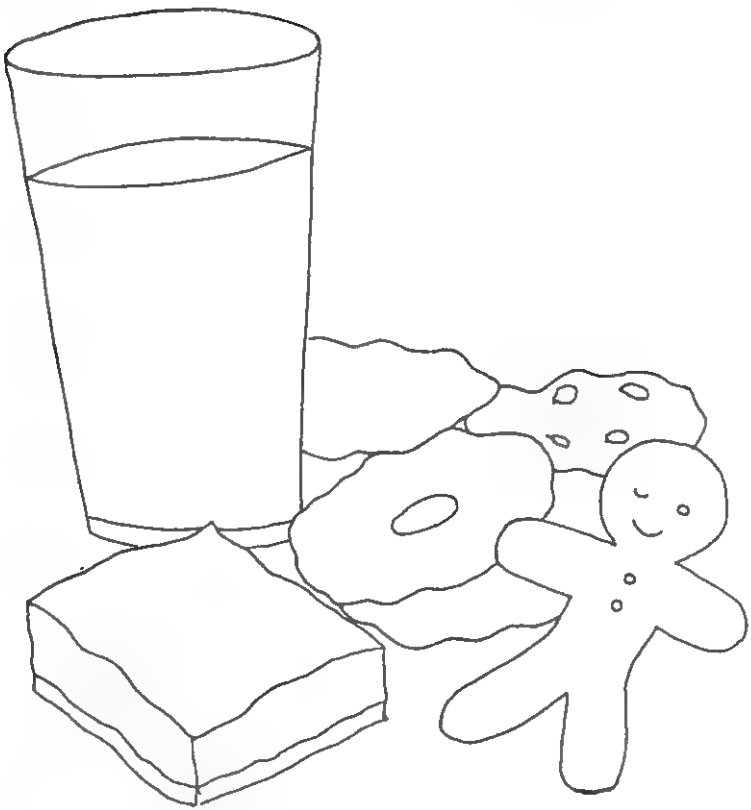
3 eggs
1/2 C oil
1/4 C honey
1 3/4 C whole wheat flour
2 tsp. soda
2 tsp. cinnamon
1/4 tsp. nutmeg
1 C grated zucchini
1 C grated carrots
1 C grated apple
Beat liquid ingredients and add dry ingredients until combined. Bake. Amounts of last 3 ingredients could be varied as long as they equal 3 cups in total.

Guests you are welcome here,
Be at your ease.
Get up when you are ready,
Go to bed when you please.
We're happy to share with you
Such as we've got;
The leaks in the roof,
The soup in the pot.
You don't have to thank us,
or laugh at our jokes,
Sit deep and come often,
You're one of our folks.

RECIPE FOR A HAPPY DAY

1 cup friendly words
2 cups (heaping) understanding
4 cups (heaping) time and patience
Pinch of warm personality
Dash of humour
Method of mixing:
Measure words carefully. Add heaping cups of understanding. Use generous amounts of time and patience. Keep temperature low. Do not boil. Add dash of humour and a pinch of warm personality. Season to taste with the spice of life. Serve in individual molds.

Cookies and Squares



COOKIE MAKING

So often cookie making is
a family affair.
The children gather eagerly around
to do their share.
Assembling the ingredients,
the mixing bowl and spoon,
While father passing by inquires
if some are ready soon.
The children measure carefully
with Mother standing by;
They mix things up and stir them well,
beneath her watchful eye.
Onto the well-greased cookie sheets
they spoon the finished dough,
And bake the cookies until each
is crisp and browned just so.
When all the cookies have been baked
and cooled enough to eat,
Each member of the family will
enjoy this homemade treat.

COOKIES AND SQUARES

Children and cookies go hand in hand. Here are a number of recipes for cookies that are made to fill that "after school" appetite. Arrowroot, potato and tapioca flours can be combined for an easily digested cookie. It has a crisp, fine texture. If you do not have the various flours on hand, whole wheat flour will also make nice cookies.

ALMOND PINEAPPLE COOKIES

Beat:
1/3 C margarine
1/2 C oil
1/3 C honey
2 eggs
1 tsp. vanilla
Add:
2 C barley flour
1 tsp. baking powder
1/2 tsp. soda
Mix well and stir in:
1/2 C ground almonds
1/2 C dried pineapple pieces
Bake at 325 F.

APPLE SAUCE COOKIES

1/4 C honey
1/2 C soy margarine
2 eggs, beaten
1 C apple sauce
2 C flour
1/2 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon or coriander
1/2 tsp. vanilla
1 C raisins
1 C nuts
Mix honey and margarine until creamy. Add eggs and apple sauce. Stir dry ingredients together and add to honey mixture, blending well. Stir in vanilla, raisins, and nuts. Drop by teaspoons on greased cookie sheets. Bake at 375 F for 10 minutes.

APRICOT AND DATE CHEWS

Beat together:
1/3 C oil
1/3 C honey
1 egg
Add:
1 C barley flour
1/2 tsp. baking powder
1/4 tsp. soda
1/2 tsp. cinnamon
1 1/2 C rolled oats or granola
1/2 C snipped apricots or chopped apple
1/2 C snipped dates
1/3 C walnuts
Stir together and bake at 350 F for 10-12 minutes. Place 2 1/2" apart on an ungreased cookie sheet. Makes approximately 3 doz.

BACHELOR BUTTONS

3/4 C butter or margarine
1/4 C honey
2 beaten eggs
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
2 - 2 1/2 C barley or wheat flour
Drop by teaspoon on greased cookie sheet. Bake at 350 F for 10-15 minutes. Put together with apple butter, jam or date filling.
Date Filling
2 C dates, ground or chopped
1 C chopped nuts
2 tsp. honey (optional)
1/2 C water
Boil and stir until thickened.
Variation: For Christmas cookies add more flour and roll out and cut small cookies then put together with apple butter. If you want to add colour, make coconut red with beet juice and poke a hole in the centre of the cookie and put the coconut in.

BANANA CHIP JUMBOS

2 1/2 C whole wheat flour
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
1/2 C butter
1/4 C honey
1 egg
1 C mashed banana
2 1/2 tsp. soda
1 tsp. lemon juice
3/4 C carob chips
1/2 C chopped nuts

Preheat oven to 350 F. Blend first 4 ingredients in a bowl. Set aside. In a large bowl, cream butter and honey until light. Add egg, banana, soda, and lemon juice. Beat until fluffy. Gradually add flour mixture, mixing well. Stir in chips and nuts. Drop by teaspoons on cookie sheet and bake 10-15 minutes.

BANANA-DATE COOKIES

3 bananas
1 C chopped dates
1/2 C chopped walnuts
1/3 C oil
1 tsp. vanilla
2 C rolled oats

Pre heat oven to 375 F. Mash bananas, leaving some pieces. Add dates and oil. Beat with a fork. Add remaining ingredients. Mix lightly. Let stand a few minutes for oatmeal to absorb some moisture. Drop from a spoon on an ungreased cookie sheet. Bake 25 minutes or until lightly browned. Loosen with a spatula and let cool on the cookie sheet.

CARROT NUT COOKIES

1/3 C honey
2 eggs
1/2 C very soft butter
2 C barley flour
1/2 C chopped walnuts or pecans
1 1/2 tsp. vanilla
2 tsp. baking powder
1 1/2 C raw, sliced carrots

CARROT NUT COOKIES (CONT'D)

Mix in blender all ingredients except flour and nuts. Pour into mixing bowl. Add flour and nuts and mix well. Bake until lightly browned at 300 F.

CARROT OR PUMPKIN COOKIES

Beat together:
1 C shortening
1/4 C honey
1 C carrots or pumpkin (cooked and blended)
1 egg
Add:
1 C quick oatmeal
1/2 C each of oat, rye and barley flour
1 tsp. soda
1 tsp. cinnamon
Mix well and add:
1/2 C chopped nuts
1/2 C unsweetened carob chips
Bake at 375 F for 10-12 minutes.

CAROB WHOOPIE PIES

1 1/2 C oil
3/4 C honey (or less)
3 eggs
1 C carob powder
3 tsp. soda
1 1/2 C sour milk or substitute
3 tsp. vanilla
6 C flour or 7 C rye flour
1 1/2 C hot water
Drop by teaspoon on a greased cookie sheet. Bake at 400 F. When cool, spread apple butter between two cookies and press together sandwich style.
Variation: Date filling or raisin filling can also be used.

The person that talks by the yard and thinks by the inch should be moved by the foot.

CASHEW CHEWS

Cream together:
1/2 C honey
1/2 C soy oil
1 tbsp. lecithin
1 C cashews, ground
Add and mix:
1 C coconut
2 C quick cooking oats
1/2 C barley flour
2 tbsp. soy flour
Add and mix:
1/2 C water or milk
Mix well. Shape into cookies and place on ungreased cookie sheet. Bake at 350 F for 20-25 minutes.

CHERRY WINKS

2 eggs
1/2 C oil
1/4 C honey
2 tbsp. milk or water
1 tsp. vanilla
1 tsp. baking powder
2 1/4 C flour (approx.)
1/4 tsp. soda
1 C chopped nuts
Sweet or sour cherries, pineapple tidbits, carob chips, dried papaya chunks or raisins
Mix and roll into balls. Roll into crushed cornflake crumbs. Place a piece of fruit in the centre of the cookie and bake at 350 F.

CHRISTMAS SHORTBREAD

1 C butter
1 tbsp. honey
2 C stirred whole wheat flour
Cream butter and honey. Stir whole wheat flour into creamed mixture, only until mixed. Press out and bake in slow oven.
Variation: Use half rye and half barley flour.

COCONUT MACAROONS

3 egg whites
1/2 C honey
Cook and beat in double boiler for 15 minutes.
Add:
3 C coconut (or half oatmeal)
1 tsp. vanilla
1 heaping tsp. cornstarch or flour
1 tsp. lemon (optional)
Bake in oven for 20 minutes at 325 F on greased cookie sheets. Top with a red cherry half.

CORNFLAKE DROPS

2 eggs, beaten
1/2 C oil or butter
1 tsp. lemon extract
1/3 C honey
1-2 tsp. baking powder
5 C cornflakes
1 1/2 C flour
1 C coconut (optional)
Mix and drop by teaspoon on cookie sheets. Bake at 350 F for 10 minutes.

CRISP OATMEAL COOKIES

Cream together:
1 C oil (add 1 tsp. lecithin, optional)
3/4 C honey
1 1/2 tsp. vanilla
1 1/2 tsp. lemon rind
Mix until smooth:
1 C whole wheat pastry flour or barley flour
3/8 C soy flour
1/2 C cold water
Mix the above 2 mixtures together and add:
5 C rolled oats
3/4 C chopped nuts
1/2 C raisins (optional)
Mix well and drop by spoonful onto greased cookie sheet. Flatten with fork. Bake until light brown at 350 F.

CRUNCH COOKIES

1/2 C barley malt
1/3 C margarine
2 C rolled oats
3/4 C cornstarch , arrowroot or potato starch
1/2 tsp. baking powder
Vanilla
Drop by spoon and bake at 350 F until golden.

CRUNCHY-CRISPS (DARK)

3/4 C oil
1/2 C barley malt
1 egg
1 C millet seed
1 1/4 C medium rolled oats
3/4 C brown rice flour
3/4 C arrowroot flour
1/4 tsp. soda
2 tsp. baking powder
1 tsp. anise extract.
Mix and remove from pan when cool, not hot or cold.

CRUNCHY-CRISPS (LIGHT)

1 C margarine
1/2 C honey
1 egg
1/2 C millet seed
1/2 C sesame seed
1/2 C brown rice flour
1/2 C arrowroot flour
1/2 C potato flour
1 1/4 C rolled oats
1/4 tsp. soda
2 tsp. baking powder
1 tsp. vanilla
Mix and remove from pan when cool.

Observe keenly,
think constantly,
talk less
and say more.

DAD'S OATMEAL COOKIES

Beat:
2/3 C butter
1/4 C honey
1 3/4 C rolled oats
1/2 tsp. soda
1 tsp. baking powder
Add:
2 eggs
1 tsp. vanilla
1 3/4 - 2 C barley flour
Beat again. Form into roll and chill several hours. Slice thinly with a thread. Bake at 350 F for 10 minutes.
Variation: 1. Add 1 - 1 1/2 C coconut for a delicious coconut cookie.
2. Use 1 C rice flour and 1 C rye flour instead of barley flour.

DATE CEREAL COOKIES

3 tbsp. honey
1/4 C butter or oil (optional)
3/4 C almond butter
1/2 C chopped dates cooked in 3/4 C water, cooled
2 C rice cereal or granola etc.
1/2 C oat flour
1/2 C barley flour
1/2 tsp. soda
1 1/2 tsp. baking powder
1 1/2 tsp. vanilla
1/2 C carob chips
Mix well and drop by spoon on cookie sheet. Bake 12-15 minutes at 350 F.

Experience is a hard teacher -
She gives the test first,
and then the lesson.

DATE FILLED COOKIES OR FIG BARS

Filling:
3 C dates, figs, prunes or raisins
1/4 C maple syrup (optional)
1/4 C hot water
1/2 tsp. nutmeg (optional)
Grind or finely chop dates before cooking the above to a thick spread.
Dough:
Cream:
3/4 C butter or oil
1/2 C honey
Beat in 2 eggs.
Add:
3 C barley flour
1 C oat flour
1/2 tsp. cream of tartar
1 tsp. soda
1 tsp. vanilla
Mix well. This makes a stiff dough. You can chill it before rolling 1/4" thick and 2-3" wide. Spread filling on one half then fold the other half over to cover. Tuck down the edges and cut in bars to resemble fig newton bars.

DATE OAT MACS

1/4 C honey
1/2 C oil
2 eggs
1 tsp. almond extract
3 C medium rolled oats
3/4 C chopped dates
Mix and press these as flat as you want them to be when they are baked. Because there is not any baking powder or soda in them, they do not rise.

When you are in the right, you can afford to keep your temper, and when you are in the wrong, you cannot afford to lose it.

DATE PINWHEELS

1/2 C oil
1/4 C honey
2 eggs
1/2 tsp. cinnamon (optional)
1/2 tsp. vanilla
2 1/2 C barley flour or more to make a stiff batter
1/2 tsp. soda
1 tsp. baking powder
Mix and chill until firm enough to roll.
Date filling:
8 oz. chopped or ground dates
1/2 C water
Simmer 5 minutes, stirring often. Add 1/2 - 1 C nuts. Cool. You can also add grated rind of a lemon and 1 tbsp. lemon juice. (optional)
Roll out cookie dough in a 9" x 12" (approx.) sheet. Spread with date mixture and roll up tight and wrap in waxed paper. Chill or freeze overnight for easier cutting. Slice 1/4" thick. Bake on a greased cookie sheet for 10 minutes at 350 F

DATE TURNOVERS

3/4 C soft butter
1/4 C maple syrup or honey
1 egg
2 C flour
2 tsp. baking powder
1/2 tsp. soda
1/4 C buttermilk
2 C rolled oats
Beat first 3 ingredients together, then stir in sifted dry ingredients alternately with the buttermilk. Add oats and chill until firm enough to roll. Roll and cut into 3 1/2" rounds. Put on greased cookie sheet, drop some date filling on cookie and then fold in half. Pinch edges together and bake for 15 minutes at 325 F.
Date filling:
1 C dates or figs
2 tbsp. lemon juice
1/2 C water
1/4 C maple syrup (optional)
Cook slowly, stirring constantly. Cool.

1/2 C butter
1 egg or 1 tbsp. egg substitute
1 tsp. vanilla
3/4 C barley flour
1/4 tsp. baking powder
1/4 tsp. soda
1/4 C wheat germ
1 C large oats
3/4 C dates
3/4 C dried papaya
3/4 C dried pineapple
3/4 C coconut (unsweetened)
1/4 C pumpkin seeds
1/4 C cashews
Beat butter, eggs and vanilla. Sift dry ingredients and add to first mixture. Stir in wheat germ and oats, then fruits (leave chunky). Let this mixture sit for a few moments to set a little before dropping in clumps onto a lightly greased cookie sheet. Bake at 375 F for 10-15 minutes.

FILLINGS FOR SANDWICH COOKIES

Pineapple Filling
1/3 C honey
4 tbsp. arrowroot or tapioca flour
3/4 C pineapple juice
4 tbsp. lemon juice
1 1/4 C drained crushed pineapple
Dissolve flour in juice, add honey and pineapple. Cook until thickened.

Banana Filling
Mash 4 ripe bananas
1/4 C honey
1/8 C lemon juice
2 tbsp. arrowroot or tapioca flour
2 tbsp. water
Dissolve flour in water, add the rest of the ingredients and cook until thick.

Fruit Mix Filling
1/2 C each of chopped raisins, figs, dates
2 tbsp. lemon juice
2 tbsp. orange juice
1/2 C water
Walnuts
Combine all ingredients and cool until thick.

Fig Filling
1 C water
3 tbsp. lemon juice
3 tbsp. orange juice
4 C chopped figs
Combine all ingredients and cook until thick.

Date Filling
2 tbsp. lemon juice
1/2 C water
1 1/2 C dates
Cook until thick.

GINGERSNAPS

1/4 C molasses or maple syrup
3/4 C melted butter
1 large egg
1 tsp. vanilla
Blend together in a blender. Pour in bowl and add:
2 1/2 C whole wheat flour
1 tbsp. ginger
1 tsp. cinnamon
2 tsp. soda
Stir well. Dough will be sticky. Refrigerate at least 2 hours, overnight is better. Form into 1" balls and place at least 2" apart on cookie sheets. Press flat with hand or fork. Bake 10-12 minutes at 350 F. Cool before stacking.

The best way to save money is to make more than you spend.

GOLDEN DIABETIC COOKIES

1 C mashed pumpkin
1 C raisins
1/2 C walnuts or sunflower seeds
1/4 C molasses
1 C wheat germ
1 C barley or whole wheat flour
1/3 C oil
2 eggs
1 tsp. soda
1 C fruit juice
1/2 tsp. cinnamon
1/2 tsp. nutmeg
Mix together all ingredients. Drop by teaspoonfuls onto cookie sheets. Bake in 350 F oven for about 10 minutes or until lightly browned.

GOLDEN CARROT MACAROONS

1 C grated raw carrots, packed
1 C water or fruit juice
1/2 C chopped raisins or dates
1/2 C tahini, butter, oil or other nut butter
2 C unsweetened coconut
1/2 C barley flour
1/2 tsp. almond flavouring (optional)
1/2 tsp. vanilla
Peel and grate carrots. Pack into a measuring cup and pour water into the cup to fill to the one cup mark. Put carrots and water into a bowl. Add oil and beat to emulsify. Add remaining ingredients. Mix well. Drop by teaspoonfuls on lightly greased cookie sheet. Bake at 350 F for 25 minutes or until lightly brown and well done.
Variation: Use 1/2 oatmeal and 1/2 coconut.

He who cannot forgive others, breaks the bridge over which he must pass himself.

HEALTHY OAT'N RAISIN COOKIES

1/2 C oil
2 eggs
1/2 C fruit juice
1 tsp. vanilla
Mix and add:
1 C all purpose flour
1/4 C bran or wheat germ
2 C oatmeal
1 tsp. soda
Mix well and add:
3/4 C coconut
3/4 C raisins
1/4 C nuts
Chill dough a few hours and drop by spoonful on cookie sheet.
Bake at 350 F for 12-15 minutes.
Variation Add 1 2 C dates instead of coconut and/or nuts

JAM JAMS

3 tbsp. maple syrup, molasses or apple butter
1/2 C shortening or oil
1/3 C honey, apple syrup or raw sugar
2 eggs
1 rounded tsp. soda
1 tsp. vanilla or lemon flavour
3 1/2 - 4 C barley flour
Roll thin, cut and bake. While warm, put two together with apple butter or jam.
Variation In dough you can use apple butter instead of honey

JOHN'S BEST COOKIES

Mix together:
3 C rolled oats
3/4 C potato flour
1/2 C arrowroot flour
1/2 C soybean flour
1 1/2 C rice flour
1/2 C ground almonds
1 2 C ground sesame seeds
1/2 C ground sunflower seeds
2 tsp. baking powder
1 C carob chips, unsweetened

In a separate bowl, mix:
1 C sunflower oil
1/4 C honey
1/2 C barley malt
4 eggs
1 tsp. soda in 1 tbsp. lemon juice
Combine the two mixtures. Drop on cookie sheet and bake in slow oven, 275-300 F for 15-20 minutes until a rich golden brown Leave out all day on the counter top Put in a tight box in the evening. Hide them or they will not keep!
Variation: Instead of almonds sesame seed and sunflower seeds, use 1 1/2 C or only one variety.

MAPLE NUT DROPS

Cream:
1 C softened butter
3 unbeaten eggs
1/8 C honey
1/8 C maple syrup
Blend in
3 1/8 C whole wheat flour
1 tsp. baking powder
1 tsp. soda
Add 1/4 C boiling water and mix well. Add:
1 C chopped dates
1 C chopped pecans
Chill at least 1 hour Drop by rounded teaspoons on ungreased cookie sheets Bake at 350 F for 15 20 minutes or until light brown.
Variation: Place half a pecan on each cookie before baking

MARSHMALLOW BLOSSOM COOKIES

Cookie.
3/4 C butter or oil
1/2 C honey
1 tbsp. molasses
1 tsp. soda
2 eggs
1 tsp. baking powder
2 - 3 C flour
Chill dough. Roll or press out 2" wide, 1/4" thick round cookies. Bake at 350 F until done

Marshmallows:
2 envelopes gelatin
1/2 C cold water
1/2 C honey
1/2 C hot water
Almond flavouring to taste
2 tbsp. red beet juice for colour
Sprinkle gelatin over cold water and allow to soften. Combine water and honey in sauce pan and let boil on high for 2 minutes. Remove from heat and add softened gelatin. Beat until very stiff. Add flavouring. Divide mixture in half. To one half add the beet juice. Put jam on each cookie and top with pink and white marshmallow. Sprinkle with coconut.

MINCE COOKIES

1/2 C oil
2 eggs, beaten
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. each of cloves and nutmeg
1 tbsp. honey (optional)
3 C rye or barley flour (approx.)
1 C mincemeat
1 C chopped nuts
Add mince and nuts last. Drop from teaspoon onto greased cookie sheet. Bake at 350 F for 12-15 minutes. Makes 3 dozen.

MOLASSES CRINKLES

2/3 C oil or margarine
1 C apple molasses
1/2 C water
2 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
1 tsp. cloves
4 1/2 C barley, wheat or rye flour
3 tbsp. lemon juice
Roll into balls and press flat with fork or use less flour and drop by teaspoon onto greased cookie sheet. Bake at 350 F for 12-15 minutes.

MOLASSES SNACKS

1/2 C butter
1/4 C maple syrup
1 egg
1 1/3 C barley flour
3/4 tsp. soda
1/2 C coconut
1/2 C chopped nuts
Cream butter well and add maple syrup slowly. When light and fluffy, add the egg and beat well. Sift dry ingredients and gradually blend into butter mixture. Add coconut and walnuts, mixing well. Drop by teaspoon onto greased cookie sheet. Bake at 350 F for 8-12 minutes. Makes 2 1/2 dozen cookies.
Variation: Omit coconut and nuts and use 1 tsp. cinnamon and 1/2 tsp. cloves.

MONSTER COOKIES

3 eggs
1/2 C oil
3/4 C nut butter
3 C oatmeal
3/4 - 1 C carob chips
2 tsp. vanilla
1/3 C honey or apple butter
1/2 C nuts, chopped
2 tsp. soda
1/2 C chopped jelly bears, licorice or other natural candy or raisins
Add flour if necessary. Bake.

NUT BUTTER CHIP COOKIES

1/2 C oil
1/4 C honey
1 egg
1 C nut butter
1/2 tsp. vanilla
1/2 tsp. soda
1 1/2 C flour or part oatmeal
1 C carob chips
Mix and roll into balls and place on greased cookie sheet. Press flat with a fork. Bake 10-12 minutes.

NUT BUTTER DROP COOKIES

1/3 C honey
3/4 C oil
1/2 C nut butter
2 eggs
1 tsp. vanilla
2 C rye or oat flour
1/2 tsp. soda
1 tsp. baking powder
1 C corn flakes, bran flakes, oat bran flakes or rice krispies
2 C rolled oats
Mix and drop by spoonfuls onto greased cookie sheet. Bake at 350 F for 15 minutes.

NUT DANDIES

2 egg whites
1/4 C honey
1/2 tsp. vanilla
1 tbsp. barley flour (heaping)
1 C chopped nuts
Beat egg whites until stiff. Slowly add honey and vanilla and beat. Fold in flour and nuts. Drop by teaspoon on greased cookie sheet. Bake 10 minutes at 325 F.

OATMEAL CAROB CHIP COOKIES

1 C oil or margarine
1/3 C honey
1 tsp. soda
1/4 C boiling water
1 tsp. vanilla
1 3/4 C barley flour
2 C rolled oats
1/2 C coconut or chopped nuts
1 C carob chips
Dissolve soda in water and add to rest of mixture. Drop by teaspoon on cookie sheet. Bake at 325 F for 10 minutes.

There is no education like adversity.

OATMEAL SHORTBREAD

1 1/4 C butter
1/2 C honey
1 tbsp. vanilla
1 1/2 C quick oats
2 C rye, oat barley or wheat flour
1/4 tsp. nutmeg
Mix dough. Shape into long logs 1 1/2" thick. Refrigerate. Use a thread to slice these cold logs. Place on cookie sheet, decorate with dried fruit and bake.

ORANGE SUGAR COOKIES

3/4 C margarine or oil
1/4 C honey
1 egg, beaten
1 tsp. soda
2 tsp. cream of tartar
1 tbsp. concentrated orange juice
2 3/4 C barley flour
1 orange, rind and juice
Mix in order given and roll in fruit sugar (if desired).
Variation: Omit the concentrated orange juice and puree the orange.

PINWHEEL COOKIES

Dark dough:
1/2 C margarine
3/4 C cooked, ground raisins in 1/4 C apple juice
1/2 tsp. soda
1 egg
1 tsp. coffee substitute (optional)
2 tbsp. carob powder
1 C whole wheat flour
1/2 C barley flour 1/2 C rye flour
Mix and set aside while making:
Light dough:
3/4 C margarine
1 C cooked ground raisins in 1/4 C apple juice
1 tsp. vanilla
2 eggs
1 1/2 tsp. baking powder
3 C barley flour

Mix well and roll out to 1/4" thick. Roll out dark dough to 1/4" thick and place on top of light dough. Roll up jelly roll style and chill. Cut off in 1/4" slices and place on greased cookie sheet. Bake at 350 F for 12-15 minutes.

PUMPKIN WHOOPIE PIES

2 egg yolks
1/4 C honey
1/2 C oil
1 tsp. cloves
1 tsp. cinnamon
1 tsp. ginger
1 tsp. baking powder
1 tsp. soda
1 tsp. vanilla
2 C pumpkin, cooked and mashed
1 1/2 C barley flour

Mix and drop by teaspoon on greased cookie sheet. Bake at 350 F for 15-20 minutes. Cool and spread with apple butter between 2 cookies and press together sandwich style to make whoopie pies.

Variation: Jam, date or raisin filling can also be used.

RASPBERRY SWIRL COOKIES

3 1/4 C barley flour
1 tsp. soda
1 tsp. salt
1 C margarine or butter
1/3 C honey
2 eggs
1/2 C water
1 tsp. almond extract
2 C flaked coconut
Raspberry jam

Cream shortening, honey and eggs thoroughly. Add water and almond extract and mix well. Blend in flour, soda, and salt. Stir in coconut. Drop by level tablespoon 2" apart on ungreased baking sheets. Make a small dent in each cookie and place 1/4 tsp. jam on each cookie. Top with 1/2 tsp. cookie mixture. Bake at 400 F for 10-12 minutes.

Note: If you use whole wheat flour, this will be a crisper cookie than if you use barley flour which makes a softer cookie.

RICE FLOUR COOKIES

1 C brown rice flour
1/2 C unrefined oil
2 tbsp. raw honey
1 tsp. vanilla
1 egg, slightly beaten
1 C nuts, ground
Blend all ingredients thoroughly. Cover and chill overnight. Roll into balls the size of a walnut. Arrange on a well oiled cookie sheet. Press flat with the bottom of a glass. Bake about 12 minutes at 350 F.

SIMPLE MOLASSES COOKIES

1/2 C oil
1/2 C molasses
1 C rolled oats
2 C whole wheat or barley flour
1 tsp. vanilla
Mix oil, molasses and then the rest of the ingredients and blend well. Divide in half and spread out on two cookie sheets or drop by spoonfuls. Bake until golden brown. 350 F for 20 minutes. Do not over bake.

SKILLET COOKIES

1 C chopped dates
3 tbsp. water
Cook over medium heat until soft and "gooey". Add:
1/2 C chopped nuts
Mix well and remove from heat. Add:
2 C corn, oat flakes, rice krispies, or other cereal to desired consistency. Form into balls and roll in coconut.

SUNFLOWER SEED KISSES

Preheat oven to 275 F.
2 egg whites
1/4 C honey
1 tsp. vanilla
1 C sunflower seed, or other nuts (ground to a meal in electric blender)

SUNFLOWER SEED KISSES (CONT'D)

Beat egg whites until stiff, then gradually beat in honey and vanilla. Carefully fold in sunflower seed meal. Drop batter by teaspoon onto a well buttered cookie sheet and bake for 30 minutes. Loosen cookies from baking sheet as soon as possible after removing from oven. They will be soft to the tough but will harden as they cool. Store in an air tight container. Makes 2 dozen cookies.

THIMBLE COOKIES

1/3 C butter
1/4 C honey
Beat and add:
1 well beaten egg yolk
1 C barley flour
Mix well and roll into balls and dip in slightly beaten egg white. Roll in finely chopped nuts and place on a greased baking sheet. Make an indentation in each cookie. Bake at 350 F for 5 minutes, then indent each cookie a second time. Bake for another 10-12 minutes. When cool, fill each cookie with apple butter. Makes 2 dozen.
Variation: Add the whole egg but increase flour to 1 1/2 cups.

TURNOVERS

Mix:
3 C flour
1 C sour cream or substitute
2 tbsp. honey
3/4 C margarine or oil
Cover and chill. Roll out in 3", 4", 5" or 6" circles. Fill with favourite filling (date, apple butter, fig etc.). Fold over and press edge tight. Prick top lightly. Bake at 375 F for 15-20 minutes.
Fig filling:
1 C chopped figs or dates
2 tbsp. lemon juice
1/2 C water
1 tbsp. apple butter (optional)
Cook slowly until thick, stirring constantly.

TWO WAY COOKIES

4 C barley flour
1 tsp. soda
1 C oil or margarine
1/2 C honey
3 eggs
1 tsp. vanilla
6 oz. unsweetened carob chips
Milk or substitute to moisten to make a stiff dough. Place walnuts on top before baking (optional).

UNBAKED CAROB COOKIES

2/3 C honey (scant), maple syrup, apple butter or ground raisins
1/2 C oil or margarine
1/2 C milk or substitute
6 tbsp. carob
Bring above to a boil and add vanilla. Mix in:
3 C oatmeal (more if desired)
1/2 C nuts (optional)
1 C coconut
1/2 C raisins (optional)
Salt
Note: If you are adding raisins, you may want to cut down on the sweetener.
Drop by teaspoon on a greased cookie sheet to set.
Variation: 1. 1 tsp. coffee substitute may be added to cooking mixture.
2. Omit carob for plain cookies.

WALNUT LOGS

1 C walnuts
1/2 C dates
3/4 C coconut
1/4 C maple syrup
1 egg, slightly beaten
1/4 C coconut
Put nuts and dates through a food grinder. Mix in the 3/4 C coconut, maple syrup and egg. Shape into rolls 3/4" diameter 2" long. Roll in remaining coconut. Place on greased cookie sheet. Bake at 350 F for 10-12 minutes.

YUMMY DATEMEAL COOKIES

1 C creamy soybean milk, almond milk, rice milk etc.
1/2 C chopped dates, prunes, raisins (best if soaked in advance)
1 tsp. vanilla
1 1/2 tbsp. lemon juice
1/4 C oil
1/2 C chopped walnuts or pecans
1/4 C chopped dates, currants or raisins
1/4 C barley flour
2 C oat flakes

Blend soy milk, 1/2 C dates and vanilla in blender until smooth and light. Add oil gradually. Add lemon juice to make it very thick. Pour into a bowl and add remaining ingredients and mix well. Drop from teaspoon on oiled cookie sheet. Bake 350 F for 25 minutes, or until brown. Add more flour or oats if needed to make a thicker dough.

Variation: Omit rolled oats and use 1/2 C flour and 2 C coconut instead.

YUMMY MACAROON MELTS

3 tbsp. melted butter or nut butter
1 C tofu white powder
3 tbsp. water
1 C shredded unsweetened coconut
1/2 C carob chips
1 tsp. vanilla

Mix all ingredients. Drop on lightly greased sheet. Bake at 350 F for 10 minutes or until golden around edges. Makes approx. 2 dozen cookies.

Variation: Use 3/4 C soymilk powder and add more water until it forms a stiff dough.

The brook would lose it's song
if it had no rocks.

ZUCCHINI OATIES

1/2 C butter
1/2 C honey
1 egg
2 C whole wheat flour
1 tsp. soda
1 tsp. cinnamon
1 C large flake oats
1 C zucchini (drain well)
1/2 C raisins
1/2 C walnuts
1/2 C coconut
Mix, drop and bake at 375 F for 15 minutes.

SQUARES

APPLE BUTTER SQUARES

3 eggs
1 C honey
1 1/4 C oil
2 tsp. soda in 1 tsp. lemon juice or vinegar
1 C water
3 C oatmeal
2 tsp. baking powder
7 C rye flour (approx.)
Mix and thinly roll out on big cookies sheets (dough will be soft). Put apple butter between one layer and place other layer of dough on top. Bake and cut into squares.

APPLE SPICE BROWNIES

Preheat oven to 350 F. Grease and lightly flour an 8" x 8" pan.
Combine in a bowl:
2 C peeled, cored, chopped apples
1/4 C honey
Let stand 1/2 hour. Sift together in a large bowl:
1 C sifted flour
1 tsp. soda
1 tsp. cinnamon

Mix in a separate bowl:
1 egg
1/4 C vegetable oil
2 tsp. vanilla
Add to flour mixture. Beat at medium speed until well blended (will be stiff). Add apples and 2 tbsp. apple juice. Mix well. Bake 25 minutes or until done. Cool 10 minutes and cut into squares.

APPLE SQUARES

3 C oatmeal
1/4 C honey (optional)
1 C coconut
3/4 C oil
2 eggs, beaten
1 tsp. baking powder
1 tsp. vanilla
Mix and press into 9" x 13" pan, saving 3/4 C for topping. Add a little more oatmeal and coconut to make it more crumbly for the topping. Bake bottom for 10-15 minutes. Peel and cut 3 cups apples. Cook with 3 cups water and honey to taste. Thicken with cornstarch, flour or tapioca. Spread on baked bottom. Sprinkle crumbs on top. Bake until slightly brown and bubbling.

BLACK AND WHITE BROWNIES

2 eggs
1 C barley flour
1/3 C oil
1/3-1/2 C honey
1 tsp. baking powder
1/2 C coconut
1 tsp. vanilla
1/4 C carob powder, softened slightly in hot water
Combine all ingredients except carob. Divide batter in half and add carob to one half. Add almond flavour to the white part if desired. Pour dark part in an 8" pan. Pour white batter on top and marble slightly. Bake at 350 F for 20 minutes.
Variation: Use 1/2 C shredded potatoes plus 3 tsp. rice flour instead of coconut.

BREAKFAST GRANOLA BARS

1 C flour
2 C oatmeal
1/4 C soy flour
1/4 C powdered milk (optional)
1/4 C wheat germ, oat bran or wheat bran
1/4 C rye flour
1/4 C honey
1/2 C oil
1/2 C milk or substitute
1/2 C coconut
Mix dry ingredients. Add the remaining ingredients. Shape into bars 1/4 " thick and bake on greased cookie sheet at 400 F for 12-15 minutes. These can also be put into a pan and baked and cut into squares or bars when cool.

BROWNIES

1/4 c margarine
1/4 c oil
3 rounded tbsp. carob
1/4 C barley malt
2 eggs
1/2 C rye flour
1/2 tsp. vanilla
1 C sunflower seeds or nuts
Mix all ingredients together until just moistened and bake at 350 F until done. (Do not over bake.) Use a large enough pan so that when the brownies are done they are flat.

CAROB BROWNIES #1

1/3 C honey
2 eggs, beaten
1/2 C butter or oil
1 tsp. vanilla
1 banana, mashed
1 tsp. baking powder
1/3 C carob powder
3/4 C water
1 C barley flour
1 C walnuts or pecans, chopped

CAROB BROWNIES #1 (CONT'D)

Blend dry ingredients into well mixed wet ingredients. Add walnuts last. Pour into 9" x 13" pan. Bake 20-25 minutes at 350 F. Do not over bake.

CAROB BROWNIES #2

1 C margarine or butter
2/3 C honey
4 eggs
2 tsp. vanilla
1/3 C carob powder
1 1/2 tsp. baking powder
1 1/2 C whole wheat flour
1 C chopped nuts
6 tbsp. milk or water

Cream the butter with the honey. Beat in the eggs one at a time. Add the vanilla. Sift together the carob powder, flour and baking powder. Add dry ingredients to the cream mixture, stirring in the milk and nuts last. Pour into a well oiled 9" square pan. Bake 30 minutes at 350 F or until done.

CAROB CHIP SQUARES #1

Bottom:
1 C oil
1/2 C sweetener (honey, maple syrup, apple molasses)
2 C barley flour
1/2 tsp. vanilla
1/4 tsp. soda
1 tsp. baking powder
2-3 eggs, separated

Combine oil and honey. Add yolks, and then the remaining ingredients. Press into a 9" x 13" pan. Sprinkle on top:
1 C coconut
1 C unsweetened carob chips
3/4 C nuts (optional)

Beat the egg whites until stiff. Add 1 tbsp. honey. Spread on top of the chips. Bake at 350 F for 30 minutes.

CAROB CHIP SQUARES #2

1/3 C honey
1/2 C margarine or nut butter
2 eggs
1 1/4 tsp. soda
1 1/2 C barley flour
1 tsp. vanilla
1/2 C carob chips
Cream wet ingredients. Add flour, soda and carob chips. Pour into a greased 8" x 8" pan. Bake at 375 F for 20 minutes.
Variation: These may also be used as cookies

CAROL'S LEMON CRUMBLE

2 eggs
2 tbsp. butter (optional)
1/2 C maple syrup
4 tbsp. cornstarch, flour or 2 tbsp. arrowroot flour
1/4 C lemon juice
2 1/2 C boiling water
Cook in double boiler until thickened. (It may get dry if too thick.) Make crumbs with:
2 C barley flour
2 tbsp. maple syrup
1 egg
2 tsp. baking powder
1/4 C butter or oil
Put crumbs in a 9" x 13" pan, saving a few for the topping. Spread lemon mixture on crumbs, and top with remaining crumbs. Bake at 350 F for 25 to 30 minutes.

CHERRY BARS

Crust:
1/2 C margarine or butter
2 tbsp. carob
1/4 C honey
1 egg
1/4 tsp. vanilla
1 C coconut
2 C cookie crumbs
Melt butter, carob, and honey in double boiler until honey dissolves. Add beaten egg and vanilla. Remove from heat. Stir in crumbs and coconut. Press into lightly greased cookie sheet. Chill.

Topping:
1 tbsp. gelatin
1/2 C chopped drained sour cherries
1/2 C cold water or cherry juice
1/4 C honey
1/4 C boiling water or cherry juice
1/2 tsp. almond flavouring
Dissolve gelatin in hot water. Place cold water and honey in bowl and mix at high speed. Slowly pour in gelatin and continue to beat until thick and white (about 5 minutes). Fold in cherries. Pour over crumb base and let set at room temperature. Dip knife in hot water to cut squares. Decorate with unsweetened melted carob or carob chips. Drizzle in irregular streams.

CHERRY HONEY SQUARES

3/4 C butter or 1/2 C oil
1 tbsp. honey
2 C wheat free flour
2 C rolled oats
1 tsp. baking powder
Mix and put into a pan for the base.
1 qt. jar sweet cherries
2 C water
Thicken with 6 tbsp. cornstarch. Pour on base and bake at 350 F for 35 minutes.

CHERRY SQUARES

Base:
1 1/4 C rolled cracker crumbs
1/3 C butter or oil
1/2 C liquid honey
Press into an 8" square pan and bake until golden.
Thicken cherries or other fruit to put on base.
Topping:
1 tbsp. gelatin
1/4 C cold water
Dissolve and melt over hot water. Add this to:

CHERRY SQUARES (CONT'D)

1/2 C cream cheese
1/2 C cream (whipped)
1/4 C honey
Vanilla
Pour over base and cool.
Variation: Use almond cream (almonds and water blended in blender to a thick cream), or tofu in place of cream cheese.

COCONUT DATE SQUARES

1/2 C soy margarine
2 tbsp. honey (optional)
4 eggs
Beat together. Add in order given:
2/3 C barley flour
1 tsp. baking powder
1 C coconut (optional)
1 C nuts
1 C chopped dates
Pour into 8" x 12" pan. Bake at 350 F.

COCONUT SQUARES

Base:
3/4 C barley flour
1/2 C oatmeal
2 tbsp. apple juice
1/3 C soft butter or scant 1/4 C vegetable oil
Blend until mealy and press firmly in a lightly greased 9" square pan.
Topping:
2 eggs
1/2 tsp. baking powder
1 C chopped nuts
1/3 C honey or maple syrup
1 C coconut
Mix and spread on base. Bake until lightly browned at 350 F for approx. 30 minutes.
Variation: Use favourite pie pastry for base.

COCONUT DELIGHT BARS

Melt:
1/2 C butter or soya margarine
1/3 C honey or maple syrup
Beat 1 egg and add with 1/3 C nut milk to first mixture. Stir until thick. Cool and stir in:
1/2 C walnuts
1 C coconut
1/2 C biscuits or wafers
Line pan with graham wafers or barley crackers and pour cooled filling on top. Place another layer of crackers on top of filling. Chill several hours before cutting.
Note: Look for biscuit and wafer recipes under the heading breads and biscuits.

CRUNCHY GRANOLA BARS

2/3 C margarine, melted
1/4 C honey
1 tsp. vanilla
Bring to a boil and stir in:
2 C oatmeal
2 C granola
Pat into greased pan and bake at 350 F for 30 minutes. Cool and cut in bars.
Variation: Before cutting into bars, frost with 1 C melted carob chips mixed with 1/2 C nut butter.

DATE BARS

2 C dates
1 1/4 C water
1/2 C chopped walnuts (optional)
Cook dates in water over low heat for 15-20 minutes. Mix:
2 C oatmeal or 1 C rice cereal
2/3 C barley flour or part rice flour to make it crunchier
1/3 C oil or butter
5 tbsp. water
1/2 tsp. anise flavour (optional)

Divide the oatmeal mixture into 2 parts, making one part a little larger. Add 3 tbsp. water to the larger part and 2 tbsp. to the smaller part. Put larger part in bottom of an 8" pan. Spread date mixture over this. Sprinkle remaining crumbs on top of date mixture. Bake at 350 F for 30-45 minutes.

Variation:
1. You can use mincemeat filling or apple butter in place of dates.
2. Add ground cashews, walnuts or pecans to the crumbs.

FRUIT'N SANDWICH CAKES

1/3 c honey or to taste
2 tbsp. flour
1 C fruit juice or dilute with water if too strong
1 egg, slightly beaten
Boil the above ingredients until smooth and thickened.
1/4 C honey
2 tbsp. margarine
2/3 C butter
2 tbsp. water
Melt and add to:
2/3 C gluten free flour
1 tsp. baking powder
2 C oatmeal
Mix together to form crumbs. Press half of this mixture into a greased 8 " square pan. Top with cooled, cooked mixture. Top with remaining crumbs. Bake in 350 F for approx. 35 minutes.

Variation: For lemon sandwich cakes, increase honey to 1/2 C, use water instead of fruit juice and after thick and cooled, add 1/2 tsp. lemon flavour or 2 tbsp. lemon juice.

FRUIT SQUARES

1/2 C water mixed with 2 tbsp. honey (optional)
Make crumbs of:
1 C barley flour
1 1/2 C oatmeal
1/2 C oat flour
Mix water and crumbs and press half of the crumbs into a pan.

Make fruit filling by boiling together:
1 C dates or raisins
1 C water or pineapple juice
1 tsp. lemon juice
2 tbsp. cornstarch
Spread on crumbs. Top with remaining crumbs. Bake at 375 F for 40 minutes. Cool. Wet top by spooning on 3/4 C pineapple juice. Cover pan and refrigerate overnight.
Variation: Use 2 C crushed pineapple, canned pears or apples instead of dates.

GRANOLA BARS

2/3 C butter
1/4 C maple syrup
1 egg
1 tsp. vanilla
1 tsp. soda
1/2 tsp. cinnamon
1 2/3 C quick oatmeal
1/2 - 3/4 C water
1 1/3 C granola cereal
1 C each of raisin, coconut (optional)
Bake 20 minutes. Cool completely before cutting.
Variation: In place of granola, use rye flakes and 2 tbsp. sunflower seeds and add a little more water.

HONEYMOON SQUARES

Base:
1/3 C butter or margarine
1 tbsp. honey
1 C arrowroot flour
Mix and bake at 325 F for about 10 minutes.
Top:
2 eggs, well beaten
1/3 C honey
1 C chopped almonds
1/2 tsp. maple flavour (optional)
1/2 C chopped figs
1 tbsp. arrowroot flour
3/4 tsp. baking powder

Mix and spread on base. Bake at 350 F for 20 - 30 minutes.
Variation: Walnuts and dates may be used instead of almonds and figs.

LEMON SQUARES

In a 9" x 9" pan, prepare the base:
7/8 C rice flour
1/4 tsp. soda
1/2 tsp. cream of tartar
1 tbsp. butter
1 egg, beaten
Bake to a light golden brown.
Middle:
1 large apple, grated
1 lemon, juice and rind
1/4 C honey (or less)
1 tbsp. butter
Cook until thick and spread on base.
Top:
1 egg
1 C coconut
1/4 C honey
Spread in pan and bake at 350 F for 1/2 hour.
Variation: Use orange instead of lemon.

MAPLE OAT SQUARES

1/3 C butter
1/2 C maple syrup
1/4 C water
2 C rolled oats
1/4 C wheat germ or bran
1/4 C walnuts (optional)
1 egg
In medium saucepan, bring butter, syrup and water to a boil over medium heat. Stir constantly. Continue cooking for 3 minutes. Remove from heat and add remaining ingredients. Mix well and spread evenly in greased 9" pan. Bake at 375 F for 15 - 20 minutes, or until lightly browned. Ice with 1/2 C nut butter and 2 tbsp. honey or syrup.

MAPLE PECAN SQUARES

Base:
1 C barley flour
1 tbsp. maple syrup
1/2 C butter
Topping:
3/4 C maple syrup
1/4 C water
2 eggs, beaten
1/4 C soft butter
2/3 C pecan halves
2 tbsp. flour
For the base, rub flour, maple syrup and butter together and press into a 7" x 11" pan. Bake for 5 minutes at 350 F. Combine maple syrup and water. Simmer for 5 minutes and cool slightly. Pour over beaten eggs, mixing well. Add remaining ingredients. Spread over base. Bake at 450 F for 10 minutes. Reduce heat to 350 F and bake for another 20 minutes. Cool and cut in squares.
Variation: Use oatmeal instead of pecans.

MAPLE PECAN TART SQUARES

Base:
1 C barley or rye flour
2/3 tbsp. honey
1/4 C margarine or shortening
Press into 8" x 8" pan. Bake at 375 F for 5 minutes.
Filling:
1/2 C maple syrup or honey
1 C water
Boil for 5 minutes and add:
1 tsp. vanilla
2 eggs, beaten
1 C pecans or walnuts
1/4 C margarine
2 tbsp. barley or rye flour
1/4 tsp. maple flavouring (optional)
Spread over dough. Bake 20-30 minutes at 375 F.
Variation: Use as tarts instead of squares. You can also add 1 C coconut and only 1/2 C nuts.

MOLASSES CHEWS OR SQUARES

1/2 C canola oil
1/4 C maple syrup
1 egg
1 tsp. vanilla
1 C walnuts
1/2 tsp. soda
1 C rolled oats
2/3 C barley flour
1/2 tsp. baking powder
Mix wet ingredients and add dry ingredients. Bake at 350 F.

NUT BUTTER SHORTBREAD SQUARES

2/3 C oil or 1 C butter or lard
2 C barley flour
1/4 C honey
2 tbsp. water
Mix and press firmly into a 9" x 13" pan.
Filling:
1/3 C honey
4 eggs, beaten
1/2 C nut butter
1/2 C water
1 tsp. vanilla
1 1/2 C coconut
1 tsp. baking powder
2 C chopped nuts
Mix honey, eggs and nut butter. Add remaining ingredients and spread on base. Bake at 350 F until golden. When cool, ice with equal amounts of honey and nut butter mixed together.

NUT BUTTER CAROB SQUARES

Base:
1 1/4 C cookie crumbs or grapenuts
1/3 C butter, melted
1 egg, beaten (optional)
1/3 C barley flour
Stir all ingredients together and press into a 9" x 9" pan. Bake 10 minutes.

Middle:
1 can condensed milk (see honey condensed milk recipe)
2 C coconut
Stir together and spread over bottom layer. Return to oven and bake 10 minutes or until slightly brown.
Topping:
1/2 C carob or carob chips
4 tbsp. butter or nut butter
2 tbsp. honey
Melt carob and nut butter in saucepan over low heat. Spread over middle layer and chill.

OATMEAL BARS

4 eggs
1/3 C honey (optional)
1 tsp. natural vanilla
1 1/4 C rolled oats
2 tsp. baking powder
2 C chopped dates
1/2 C nuts
1/3 C water
Beat eggs and add honey and vanilla. Mix together oats and baking powder and then add to the honey mixture. Add water, dates and nuts. Spread into a 9" x 13" greased pan. Bake at 325 F for 25 - 30 minutes. Cool and cut into bars.

O HENRY BARS

2/3 C oil
1/2 C honey or maple syrup
4 C oatmeal
2 tsp. vanilla
1/2 C unsweetened carob chips
2/3 C nut butter (almond, cashew, peanut, etc.)
Cream honey and oil together. Add oatmeal and vanilla. Press into a 9" x 13" pan. Bake 375 F for 12 - 14 minutes. Combine carob chips and nut butter and spread over slightly cooked mixture. Cut in bars when set.

OAT RAISIN CHEWS

Cook until tender, 1/2 C brown rice. Cool.
1/2 C rye flakes
1 1/2 C oatmeal
3 C raisins
Grind the above twice and then add:
1/2 C barley malt
1/2 C nut butter
1 tsp. vanilla
Mix well and form into a roll or press into an 8" x 8" pan. Chill before cutting.

OATMEAL SQUARES SUPREME

Base:
1/3 C oil
2 1/4 C wheat free all purpose flour
1/4 C molasses or apple syrup
Mix and press into an 8" x 13" greased pan.
Topping:
5 eggs, slightly beaten
3/4 C water
1/2 C honey
1 1/2 C oatmeal
2 tbsp. flour
2 tbsp. margarine or 1 tbsp. oil
Vanilla
Mix all together adding vanilla and oatmeal last. Put on base and bake 45 minutes or until done.
Variation: Use 1 1/4 C rice flour and 1 1/4 C rye flour.

PEANUT BUTTER OAT SQUARES

Beat together:
2/3 C oil
1 C nut butter
2 eggs
1/3 C honey
1 tsp. vanilla
1/2 tsp. almond extract

A little oil of courtesy
will save alot of friction.

Mix:
1 C barley flour
1 1/2 tsp. baking powder
1/4 tsp. soda
1 C oatmeal
Mix and add to first mixture. Press into a 15" x 10" pan. Bake at 350 F for 15 - 20 minutes.

PINEAPPLE MERINGUE SQUARES

1 C barley or rye flour
1 tsp. baking powder
1/4 C margarine or oil
1 egg yolk (optional)
1/4 c milk or substitute
1 can unsweetened crushed pineapple
2 tbsp. barley flour, cornstarch or arrowroot flour
1 tsp. vanilla
1 egg white (optional)
1 C coconut
Combine first 5 ingredients. Press in an 8" square pan. Combine pineapple and its juice and the flour and mix well. Cook and stir over medium heat until it thickens. Stir in vanilla. Pour over first layer. Beat egg white with 1/4 tsp. cream of tarter until it forms soft peaks. Fold in coconut. Spread over pineapple layer. Bake at 350 F for 30 minutes or until golden brown.
Note: If allergic to egg, simply omit and put coconut right on top of pineapple layer and bake.

PUMPKIN BARS

4 eggs
1/3 C oil
1/4 C honey
1 1/2 C pumpkin
2 C whole wheat flour
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. ginger
Beat eggs well. Add oil and honey and beat until thick. Add remaining ingredients. Sprinkle with carob chips and sesame seeds or chopped pecans and bake.

PUMPKIN PIE SQUARES

1/2 C flour
1 C rolled oats
2 tbsp. honey or fruit juice
2 tbsp. butter
Melt honey and add butter in small saucepan. Mix into flour and oatmeal until crumble. Press into a pan and bake at 350 F for 15 minutes.
Filling:
1 1/2 C cooked mashed pumpkin
1/4 C honey (or less)
2 eggs, well beaten
1 1/2 C water
2 tbsp. melted butter
3/4 C non fat dry milk solids (optional)
1/2 tsp. cinnamon
1/2 tsp. mace
1/2 tsp. ginger
1/4 tsp. cloves
Combine first 5 ingredients, mix well. Mix dry ingredients well to prevent streaking, and then add to pumpkin mixture. Blend thoroughly. Pour onto crumb crust and bake 20 minutes or more.

RAISIN BARS

1 C raisins
1 C water
1/2 C oil or shortening
1/4 C honey (optional)
1 egg
1/2 C nuts
1 1/2 C flour
1 tsp. soda
1 tsp. each of cinnamon, nutmeg, allspice
1/2 tsp. cloves
Cook raisins and water together for a few minutes. Add oil and cool. Beat egg and add to raisin mixture. Add remaining dry ingredients. Pour into 10" x 14" pan. Bake 15 minutes at 375 F.

RAISIN SHORTBREAD SQUARES

1/2 C oil or margarine
2 C barley flour
1 tbsp. honey, mixed with the oil
Mix and press into 9" x 13" pan. Bake until golden.
Filling:
4 eggs, beaten well
2 tbsp. barley flour
1 tsp. baking powder
2 tbsp. honey (optional)
1 1/2 C chopped nuts
1 C coconut
1 C raisins
1 tsp. vanilla
Mix all ingredients for filling and spread on base while warm. Return to oven and bake until brown. Do not over bake or they may be dry.

RAISIN TOPPED SQUARES

Mix together:
1/2 C soya flour
1/2 C oat bran
1 C rye flour
1 C ground sunflower seeds and/or almonds
Beat together:
4 egg yolks
1/2 C sunflower seed oil
Add yolks and oil to dry ingredients to make crumbs. Pat into an 11" x 13" pan. Bake at 350 F for 10 minutes.
Topping:
Grind 2 C raisins and soak in 1 C boiling apple juice for 1/2 hour. Beat 4 egg whites and spread on top. Bake for 25 minutes or until done.

SCOTCH SQUARES

Combine:
1 C rye flour
1 C oatmeal (large flake)
1 C nuts, chopped
1 1/2 tsp. soda

SCOTCH SQUARES (CONT'D)

Add:
1 C melted butter or margarine
1/3 C honey
1 tsp. vanilla
Press into a 9" x 9" pan. Bake at 350 F for 20 minutes or until brown. Cut while warm.

SIMPLY SUPER GRANOLA BARS

2 C granola or grape nuts
1/3 C margarine, melted
1/2 C nut butter
1/4 C liquid honey
2 eggs
1/2 tsp. vanilla
1 C flaked coconut
1 C raisins
Pour cereal into a greased 9" x 13" pan. Toast at 350 F for 15 minutes, stirring occasionally. Mix together margarine, nut butter and honey until smooth. Blend in eggs and vanilla. Add toasted cereal, coconut and raisins. Mix well, and press into pan. Bake at 350 F for 15 to 20 minutes. Cool and cut into bars.

SPICED SESAME BARS

1 egg
1/3 C honey
3 tbsp. butter 1/4 C sesame seeds, toasted
1/4 C wheat germ or bran
1/2 C flour (barley or oat)
1/2 tsp. nutmeg
1/4 tsp. allspice
Beat egg, then add honey and butter. Mix wheat germ, flour and spices together and then combine with the honey mixture. Sprinkle 1/2 of the sesame seeds into the bottom of a well buttered 9" square pan. Drop batter by teaspoonfuls and then spread evenly with a wet fork. Sprinkle remaining seeds over the top. Bake at 350 F for 10 - 15 minutes. Cool. These bars are spicy, nutty and just great.
Variation: Omit spices and use anise oil or vanilla extract for flavouring.

SUGARLESS FRUIT CAKE

2 C raisins
2 C water
Bring to a boil and simmer until raisins are soft.
Add:
1/2 C butter
1 C chopped dates
1 C ripe mashed banana
2 eggs, beaten
2 tsp. vanilla
1/2 tsp. allspice
Coconut and nuts may be added
Mix well. Bake in an 8" x 8" pan at 350 F for 45 minutes.

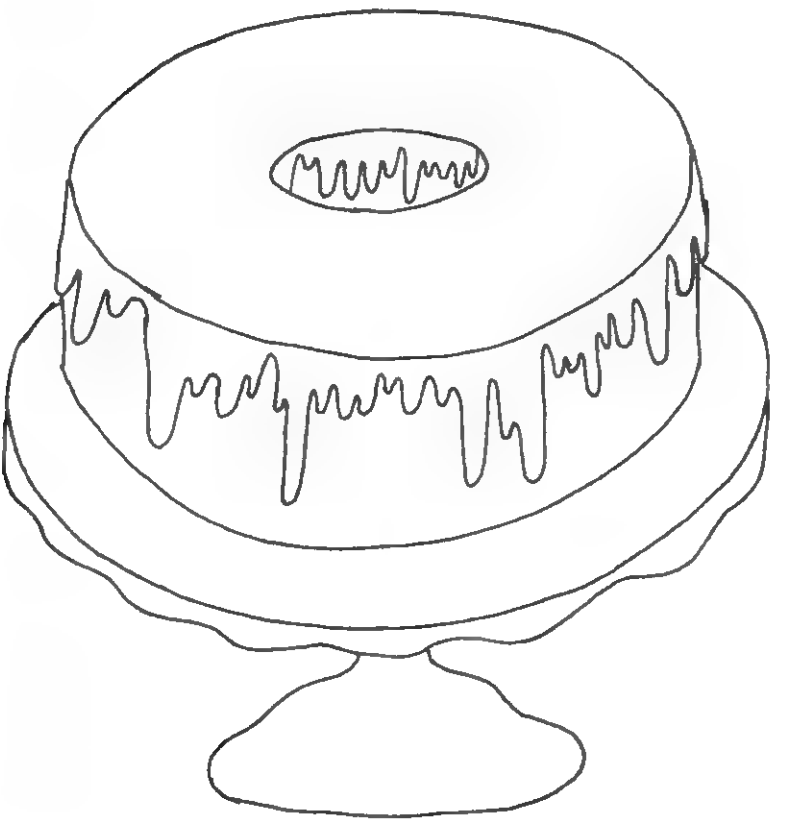
WHOLE GRAIN JAM SQUARES

2 C oatmeal
1 3/4 C flour
3/4 C butter or margarine
1 tbsp. honey (optional)
1/2 C chopped nuts
1 tsp. cinnamon
1/2 tsp. soda
3/4 C unsweetened preserves (see variations)
Combine all ingredients except preserves in a large mixing bowl. Beat at low speed until mixture is crumbly. Reserve 2 cups of the mixture. Press remaining crumbs in the bottom of a 9" x 13" pan. Spread preserves over base. Sprinkle with reserved mixture. Bake at 350 F for 25-30 minutes. Cool and cut into squares.

Variation: Omit nuts and add 1/4 tsp. nutmeg and 1/2 tsp. cloves to the oat mixture. For preserves use 2 or more cups apple or pear sauce and/or 3/4 C raisins and 1/2 C nuts.

The only people who never fail,
are those who have never tried.

Cakes and Frostings



CAKES OF PROSPERITY

Cakes are a symbol of prosperity,
Found mostly in the homes of luxury;
Frosted or glazed with icings rich and sweet,
Cakes are not served where there is scarcely meat.
Let our cakes be just wholesome, simple fare
We're not ashamed to serve guests anywhere,
And forgo luxuries so we can feed
Our fellowmen who are in greatest need.

CAKES AND FROSTINGS

Although this category is large, it should not encourage you to eat a lot of pastries. There are cakes made from various kinds of flour. You may wish to experiment further and try flour combinations other than what is listed. The frostings are tasty, but optional. Some cakes are best if frozen or aged before using.

APPLE BUTTER CAROB CAKE

1/2 C butter
1/2 C apple butter
1 tsp. soda dissolved in:
1 C apple sauce
1 egg
2 tbsp. carob
1 1/4 C rice flour
Vanilla
Mix and pour into an 8" x 8" pan.

APPLE SAUCE CAKE

1/2 C oil
1/4 C honey
2 eggs, beaten
1 1/2 C apple sauce, unsweetened, or other fruit sauces
2 C flour
1 tsp. soda dissolved in 2 tbsp. hot water
1 tsp. cinnamon or coriander
1/2 tsp. cloves
1 C raisins
1/2 C nuts
Bake in a regular pan or loaf pans at 350 F for 45 minutes to 1 hour.

APPLE GINGERBREAD

Brown 1 tbsp. butter in a skillet on top of stove. Add 5 sliced apples or other fruit and 1 C water. Add 1/4 C molasses and simmer for a few minutes. In a separate bowl combine:

3 tbsp. shortening
1/3 C molasses
1 1/2 C all purpose wheat free flour
3/4 tsp. ginger or ground coriander
1/4 tsp. allspice
1/4 tsp. cinnamon
1 tsp. soda dissolved in 1 tbsp. lemon juice
1/2 C water
Pour this batter on top of butter mixture, cover and bake on top of the stove over low heat.
Variation: This can be baked in the oven at 350 F for 40 minutes.

BANANA CAKE

3 C flour
1 1/2 tsp. soda
3 tsp. baking powder
Mix and add:
1 C oil
1/4 C honey
1 C sour milk or apple juice
Beat 2 minutes and add:
1 1/2 C bananas, mashed
3 eggs
Beat and pour into a 9" x 13" pan. Bake 45 minutes at 350 F.
Variation: For banana spice cake add 1 tsp. cinnamon, 1/2 tsp. nutmeg and 1/4 tsp. ground cloves to batter.

BANANA WALNUT CAKE

2/3 C mashed banana
1/2 C butter, softened or oil
3 large eggs
3/4 C water or fruit juice
2 C barley, rye or wheat flour
2 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1 C chopped walnuts or peanuts or 1/2 C nuts and 1/2 C raisins

After all is said and done, more has been said then done.

BANANA WALNUT CAKE (CONT'D)

In a mixing bowl, beat mashed banana and butter until creamy. Add eggs and water. Beat well. Stir in flour, baking powder, soda, and cinnamon. Beat until smooth. Add chopped nuts. Spoon batter into an oiled and floured pan. Bake at 350 F for 20 minutes or until done.

BASIC WHITE CAKE

1 C rice flour
1 1/2 C oat flour
1/4 C honey or maple syrup
2 tsp. baking powder
2 tsp. soda
2/3 C oil
3/4 C water (bring to a boil and pour over rice flour, let sit until ready to mix in)
1 tsp. vanilla
4 egg yolks
4 egg whites with 1/4 tsp. cream of tartar
Mix dry ingredients and make a well and add syrup, oil, vanilla and egg yolks. Beat egg whites last and add cream of tartar. Fold in. Bake at 350 F for 35 - 40 minutes.

Variations:
1. Add 1/4 tsp. each of cinnamon, allspice and nutmeg.
2. Use 3/4 C nut milk instead of water. Add 1 tsp. cinnamon and 1 C grated raw carrots. (Also heat the milk and pour over the rice flour.)
3. Add 1 C peach sauce, 1/2 C walnuts, 3/4 C fruit juice, 1/2 tsp. ground coriander, and use only 3 eggs. (Also heat the juice and pour over the rice flour.)

CAROB CHIFFON JELLY ROLL

Mix all in one bowl:
3/4 C sifted barley flour (sift 2 times)
1 1/2 tsp. baking powder
3/4 tsp. soda
1/4 - 1/2 tsp. cinnamon
1/4 C carob (optional)

There is no better excerise for the heart than reaching down and lifting people up.

CAROB CHIFFON JELLY ROLL (CONT'D)

Make a well in the centre and add:
1/4 C oil
1/4 C honey
3 - 4 egg yolks
6 - 7 tbsp. hot water
1 tsp. vanilla
Mix above ingredients very well. Add 1/4 tsp. cream of tarter to egg whites and beat very stiff. Fold into other ingredients and put into a jelly roll pan (10" x 15" or 12" x 16") with greased waxed paper. Bake at 400 F for 12 minutes. Cool 10 minutes. Turn out onto a wet towel or a towel sprinkled with cornstarch or flour and roll. Fill with any desired filling - thickened fruit, jam, apple butter or whipped cream.

CAROB CHIP APPLE SAUCE CAKE

1/2 C honey
1/2 C oil
2 eggs
2 C apple sauce
1 1/2 tsp. soda
2 C flour
1/2 tsp. cinnamon
2 tbsp. carob
Icing:
1/2 C nuts
1 C carob chips
Sprinkle over batter and bake at 350 F for 40 minutes.

CAROB MAYONNAISE CAKE

1 C warm water
1 C mayonnaise
2 C oat or barley flour
1/2 C honey
2 tsp. soda
2 tsp. vanilla
2 tbsp. carob
Mix carob and soda with warm (almost hot) water. Add mayonnaise. Stir in other ingredients. Mix well. Bake at 300 F 35 - 40 minutes.

CAROB OATMEAL CAKE

Pour 1 1/2 C boiling water over:
1 C oat flakes
1/4 C carob powder
Stir and let cool slightly.
Mix:
1/3 C honey
2 eggs, beaten
1/3 C oil
1 tsp. vanilla
1 tsp. cinnamon (optional)
1/2 C raisins (optional)
1/2 C sunflower seeds (optional)
1 tsp. soda
1/2 tsp. baking powder
1 C barley, rye or wheat flour
Mix together, adding carob mixture and dry ingredients last. Bake in a 8" x 8" pan at 350 F for 45 - 50 minutes.

Variations:
1. Top with coconut, cinnamon and sunflower seeds before baking and use this instead of an icing.
2. Omit the carob and use as a plain oatmeal cake.
3. Use boiling fruit juice in place of water and omit honey.
4. Omit vanilla and carob and add 1 tsp. cinnamon and 1/2 tsp each of nutmeg and ginger.

CAROB RYE CAKE

1/2 C oil
2 eggs, beaten
1/3 C honey
1 tsp. vanilla
Mix and add:
1/2 C carob powder (scant)
2 tsp. soda
1 tsp. baking powder (optional)
2 1/2 C rye flour
3/4 C sour milk, buttermilk or substitute
1 C boiling water
Mix in order given. Batter will be thin. Bake in a 9" x 13" pan or 2 layer cake pans at 350 F for 35 - 45 minutes.

Variations:
1. For mint carob cake, substitute strong, hot mint tea for boiling water and use 3/4 C water or apple juice instead of sour milk.
2. Substitute 1 1/2 C rice flour and 1 C oat flour for the rye flour.

CARROT CAKE

4 eggs
1 C oil
1/4 C honey
2 C stirred whole wheat flour
2 tsp. soda
2 tsp. baking powder
2 tsp. cinnamon
3 C grated carrots
3/4 C broken nuts

Beat eggs and oil until thickened and pale. Stir in honey. Sift together flour, soda, baking powder and cinnamon. Stir into egg mixture and fold in carrots and nuts. Spoon batter into a 9" x 13" pan. Bake 35 - 45 minutes at 350 F.

CHRISTMAS FRUIT CAKE

1/4 C honey
1/3 C butter or margarine
2 eggs, beaten
2 tbsp. apple juice
1/2 C barley or wheat flour
1/8 tsp. each nutmeg and allspice
1/2 tsp. soda
2 C walnuts or pecans, chopped
1 C dried pineapple
1/2 C dried pears
1/2 C dried apples
1/2 C raisins
1/4 C dried apricots. Blend dry ingredients into wet and add unsulphured dried fruits and nuts last. Prepare a loaf pan. Grease pan and cover sides with 2 layers of waxed paper. Grease top sheet. Pour dough into pan. Have sides of waxed paper come out of the pan and fold over entire cake. Place the 1/2 filled pan into a brown paper bag and tie shut. Place the cake that is in the bag into a shallow pan that has been 1/2 filled with warm water. Place into slow oven and bake one hour at 300 F. Take out the pan of water and continue to bake for another hour. This will be well worth the effort! Makes 1 large or 2 small cakes.

The only difference between stumbling blocks and stepping stones are the way you use them.

CLASSIC CARROT BRAN CAKE

3/4 C oil
1/3 C honey
4 eggs
1/4 C juice or water
2 tbsp. lemon juice
1 1/2 tsp. soda
2 1/2 C wheat free flour
2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. each cloves and nutmeg
1/2 C oat bran
1 1.2 C raw grated carrots
1 1/2 C crushed, drained pineapple
1/2 C nuts (optional)

Blend oil and honey together. Add eggs and beat well. Add water. Stir soda into lemon juice and add. Combine flour, baking powder and spices and gradually add to the creamed mixture, beating until well combined. Stir in carrots, oat bran, crushed pineapple and nuts. Pour into greased 9" x 13" pan. Bake at 350 F for 50 - 60 minutes.

COCONUT ANGEL FOOD CAKE

8 egg yolks
1 C cold water
2/3 C honey
2 C barley or whole wheat flour
1/2 C cornstarch or barley flour
1 1/2 tsp. vanilla
8 egg whites
1 tsp. cream of tarter
2 C fine toasted coconut

Beat egg yolks until light coloured and fluffy. Add cold water and beat for 2 minutes. Add honey. Combine dry ingredients, sifted 3 or 4 times. Add egg yolk mixture and beat for 3 or 4 minutes. Add vanilla. Beat egg whites with cream of tarter until very stiff. Add all but 1/2 C coconut to the batter. Fold whites into egg yolk mixture. Be sure whites and yolks are evenly blended. Bake 1 hour and 15 minutes at 325 F. Touch test the top, as it may need another few minutes. Ice cake, decorate with remaining 1/2 C toasted coconut.

DARK FRUIT CAKE

1 C butter or shortening
1/4 C honey
5 eggs
1/4 C thick sour cream or substitute
1/2 C black currant jam (see jam section)
1/2 tsp. each cinnamon and nutmeg
1/4 tsp. cloves
1/2 tsp. vanilla
Mix and stir in:
1 1/2 C whole wheat or barley flour
1/2 tsp. soda
Set aside and mix fruits as follows:
6 C seedless raisins
2 C drained pineapple
2 C chopped pecans
1 1/4 C dates, chopped fine
2 C sour cherries, drained
1 1/2 C cashews, chopped
2 C walnuts, chopped
1 1/2 C dried pineapple
1 1/2 C dried papaya
1 C dried currants
Cover with 1/2 C flour and mix to coat all the fruit. Mix with the batter. Line loaf pans with paper, grease and then line with foil and grease again. Bake in a slow oven 225 - 250 F. Do not rush or it will dry out.

DATE AND BANANA CAKE

1 C chopped dates
1 C boiling water
1 1/2 C Ezekiel flour or whole wheat
1 tsp. baking powder
3/4 tsp. baking soda
1/4 C oil
1/3 C honey (optional)
1 tsp. natural vanilla extract
2 eggs
1 ripe banana, mashed
1/4 C chopped nuts or 1/2 C sunflower seeds (optional)

DATE AND BANANA CAKE (CONT'D)

Add dates to boiling water and cook for 5 minutes. In a mixing bowl, sift together flour, baking powder and soda. Beat eggs in a second bowl and add honey, oil, vanilla and banana. Add dry ingredients to egg mixture, mix and then add dates and nuts. Mix lightly. Pour batter into greased or nonstick 9" x 9" pan. Bake at 350 F for 30 - 40 minutes.
Topping:
Heat together 1/4 C honey, 1/4 C butter, 1/2 C unsweetened coconut. Spread on cake.

DATE COFFEE CAKE

Beat together until creamy:
1/3 C mashed banana
1/2 C margarine
Beat in:
3 large eggs
1 tsp. vanilla
1 1/4 C water
Stir together, then blend into creamed mixture:
3 C flour
1 tsp. baking powder
1 tsp. soda
Fold in:
1 1/2 C very finely chopped dates
Bake at 350 F for 20 - 25 minutes. Cool on wire rack.

DIET CAKE

2 C water
2 C raisins
1 C apple sauce, unsweetened
2 eggs, beaten
2/3 C cooking oil
1 tsp. vanilla
1 C barley flour plus 3/4 C oat flour OR 2 C barley flour
1 1/4 tsp. cinnamon
1 tsp. soda
1/2 tsp. nutmeg
Cook raisins in water until water is all gone. Add apple sauce, eggs, oil and vanilla. Mix well. Blend in dry ingredients. Bake at 350 F in an 8" pan for approximately 1 hour.
Variation: Add 1 C dried apples, chopped, to raisins while cooking.

DRIED APPLE CAKE

Soak for 2 hours:
2 C dried apples
2 C hot water
Simmer in 1/2 C molasses for another hour including the soaking water. Cool and add:
2/3 C margarine or oil
2 eggs
1 C sour milk or substitute
4 C barley flour
2 tsp. soda
2 tsp. cinnamon, anise, nutmeg, cloves etc.
Bake at 350 F in loaf pans until done.

EGGLESS, MILKLESS, SUGARLESS PUMPKIN CAKE

1/2 C honey or apple butter (can omit if using apple sauce)
3 C mashed pumpkin or unsweetened apple sauce
1 C lard or 3/4 C oil
4 C barley flour (scant)
2 tsp. cinnamon
4 tsp. soda added to pumpkin or apple sauce
2 C raisins
Bake at 300 F for 1 hour.

FAVOURITE MINCE CAKE

This is a type of Christmas fruit cake.
2 eggs, beaten
3 C unsweetened mincemeat
1 1/2 C unsweetened dried pineapple, chopped or 3/4 C raisins or pineapple etc
1/2 C dates, figs or drained cherries
1 C walnuts or pecans, chopped
1/2 C apple syrup
1 tsp. soda
2 1/2 C barley or wheat flour
Combine eggs, mince, nuts, fruits and syrup. Add dry ingredients and blend well. Grease a 9" x 13" pan. Line with waxed paper. Grease again. Pour batter into prepared pan and bake for 1 hour and 50 minutes at 300 F. Cool 15 minutes and turn out of pan. Remove waxed paper. Wrap in aluminum foil and store in a cool place or freeze.

FRESH APPLE CAKE

Mix:
1 C oil
1 C apple juice
4 eggs
1 tsp. vanilla
Stir together:
1 3/4 C oat flour
2 C brown rice flour
2 tsp. baking powder
Add 1/2 of the dry ingredients to the creamed mixture. Beat and add the rest of the dry ingredients. Add:
1 C walnuts or pecans
3 C chopped apples
Bake in a 9" x 13" pan at 350 F for 55 minutes.

FRUIT CAKE

3 C raisins
1 C chopped dates
1 tsp. each nutmeg and cinnamon
1 tbsp. orange rind
2 C water
Put above in saucepan and boil for 5 minutes. Add:
1 C margarine
Remove from heat and cool thoroughly. Then add:
2 tsp. vanilla
1 3/4 C whole wheat flour
1 tsp. baking powder
2 tsp. soda
1 oz. chopped walnuts
Mix well. Bake at 325 F in a greased pan until done.
Ice with sugar free orange icing. (See recipe)

GERMAN FLAN

1/4 C oil
3 tbsp. honey or fruit juice
1 1/2 tsp. baking powder
1 tsp. vanilla
6 tbsp. flour
3 eggs, separated
Beat egg whites stiff and add last. Pour into greased flan pan and bake 325 F for 20 - 25 minutes. Fill with a fruit filling.

HANDY CAKE

1 C barley flour
1 1/2 C oat flour
1 tsp. baking powder
1 1/2 tsp. soda
1/4 C honey
3/4 C oil
3 eggs
1 tsp. vanilla
3/4 C nut milk and 1 tbsp. lemon juice or 3/4 C buttermilk
Bake at 350 F.

HARVEST CAKE

Mix and let stand 1 hour:
4 C chopped apples
1/4 C honey
Sift together and add to above mixture:
3 C flour
1 1/2 tsp. cinnamon
2 tsp. soda
1/2 tsp. cloves
1/2 tsp. nutmeg
Blend together and add to above mixture:
2 large eggs
1 1/2 tsp. vanilla
1 C oil
1 C raisins, cooked, dried and cooled
1 1/2 C dates (optional)
Bake in large pan.

HONEY BUNDT CAKE

1/2 C shortening
3 eggs, separated
1/2 C honey
3 1/2 C whole wheat flour
1 tsp. soda
1/2 tsp. each of cinnamon, ginger
1/4 tsp. each of nutmeg and cloves
1 C water
1 C chopped nuts

Cream shortening. Beat in egg yolks, one at a time. Beat in honey. Add dry ingredients alternately with water. Stir in nuts. Fold in stiffly beaten egg whites. Turn into a 9" tube pan or bundt pan. Bake at 325 F for 60 -70 minutes.

HONEY CAROB CAKE

1/2 C honey
2 eggs, beaten
1/2 C oil
6 tbsp. carob powder
1 tsp. vanilla
1 tsp. soda
1 1/4 C water
2 C wheat, barley or rye flour
Add flour and water last. Bake at 350 F.
Variation: Also very nice as cupcakes.

HONEY CHIFFON CAKE

1/2 C honey
3 tbsp. boiling water
2 1/2 C whole wheat flour or barley flour
1 tsp. baking powder
1 tsp. soda
3/4 tsp. each cinnamon and nutmeg
8 eggs, separated
3/4 C oil
1 tsp. vanilla
1/2 C thinly sliced almonds (optional)
Bring honey to a boil and boil for 1 minute. Add boiling water and let cool. Sift flour before measuring. Add baking powder, soda and spices. Sift again and set aside. Beat egg whites until they form stiff peaks and set aside. Beat egg yolks until thick and lemon coloured. While still beating, add honey and oil gradually. Scrape down side of bowl as necessary and beat until well mixed. Gradually add flour mixture and mix gently until all the flour is mixed into the honey mixture. Carefully fold beaten egg whites into cake batter. Pour into an ungreased tube pan. Sprinkle sliced almonds over top. Bake at 325 F for 50 - 60 minutes. Test with a long skewer, when it comes out clean, cake is baked. Invert pan over a funnel or other support and cool cake in pan. Loosen edges with a knife and remove cake.

HONEY CHIFFON CAKE (CONT'D)

Note: This cake is best when make one to two days in advance to allow the cake to mellow before serving.

LITTLEST ANGEL CAKE

Beat together until stiff and glossy:
1 1/2 C egg whites
1 1/2 tsp. cream of tartar
1 tsp. vanilla
1/2 tsp. almond flavour
Fold in:
1 C sifted barley flour
1/2 C honey (drizzle over top and fold in with flour)
Bake in ungreased pan at 375 F for about 35 minutes.

MAHOGANY CHIFFON CAKE

1 C boiling water
1/2 C carob
1 3/4 C stirred whole wheat flour
1 1/2 tsp. soda
1/2 C oil
1/2 C honey
7 unbeaten egg yolks
2 tsp. vanilla
1 C egg whites (7 or 8)
1/2 tsp. cream of tartar
Heat oven to 325 F. Combine boiling water and carob. Let cool. Sift into bowl flour and soda. Make a well, add oil, honey, egg yolks, carob mixture and vanilla. Beat until smooth. In a large bowl, beat egg whites and cream of tartar until very stiff. Pour egg yolk mixture gradually over beaten egg whites. Fold together. Bake one hour or until done. Try the carob nut frosting as a topping (see frosting section).

MAPLE CHIFFON CAKE

3/4 C cornstarch or arrowroot flour
2 tsp. baking powder
Sift into a bowl and make a well. Into the well put:
1/4 C oil
1/4 C dark maple syrup
4 egg yolks
1/4 C water

MAPLE CHIFFON CAKE (CONT'D)

Beat until smooth. Beat 4 egg whites and 1/4 tsp. cream of tart until very stiff and slightly dry. Fold into the egg yolk mixture. Bake in a tube pan for 35 - 40 minutes at 350 F.

MAPLE WALNUT BUTTER CAKE

1 C butter
1/2 C honey
4 eggs, separated
3 tsp. maple flavouring
1 C milk or water
3 C whole wheat flour
1/2 tsp. soda
2 tsp.baking powder
1 C walnuts

Cream butter and honey. Beat egg yolks until light and then add to the creamed mixture. Add flavouring. Add flour, soda and baking powder alternately with the milk. Fold in walnuts and stiffly beaten egg whites. Bake in greased 9" layer cake pans or a 9" x 13" pan. Bake at 350 F.

MARBLE CHIFFON CAKE

Combine:
1/4 C boiling water
1/4 C carob powder

Measure into a large bowl and beat until smooth:
2 1/2 C sifted barley, wheat or rye flour
3 tsp. baking powder
1/2 C oil
5 - 6 unbeaten egg yolks
1/2 C honey
1/2 C cold water
2 tsp. vanilla

Beat egg whites with 1/2 tsp. cream of tarter until very stiff peaks form. Fold gently into yolk mixture. Divide batter into two parts. Fold carob mixture into one part. Pour alternately dark and light into an ungreased tube pan. Bake at 350 F for 50 - 55 minutes or until done. Turn upside down to cool.

If a care is too small to be made into a prayer, it is too small to be made into a burden.

MOIST CAROB CAKE

1/2 C honey
2 C sour milk or substitute
2/3 C oil
2 tsp. soda
1 tsp. baking powder
6 tbsp. carob powder
4 C barley, rye or wheat flour (scant)
2 tsp. vanilla
1/2 C raisins (optional)
Pour into an 8" x 12" or 9" x 13" pan. Bake at 350 for 30 - 40 minutes.

NUT BUTTER CAKE

1/2 C shortening
1/3 C nut butter
1/2 C honey
2 eggs
1 C water or milk
1 tsp. vanilla
2 C barley flour
4 tsp. baking powder
Cream shortening and nut butter. Add honey and beaten eggs. Add water and vanilla. Lightly blend in flour and baking powder. Pour into an 8" x 8" pan. Bake at 350 F.

OATMEAL CAKE

1 C oatmeal
1/2 C butter or lard
Pour 1 C hot fruit juice over and let stand for 20 minutes.
Add:
2 eggs
1 tsp. vanilla
1 tsp. cinnamon (optional)
1/2 C raisins
1 tsp. soda
3/4 - 1 C flour
Pour into a loaf or 8" x 8" square pan.
Variation: Add carob.

Worry is the advance interest you pay on troubles that seldom come.

ORANGE CAKE

1 C sifted barley flour
1 1/2 tsp. baking powder
1/4 C vegetable oil
3 egg yolks
1/2 C unsweetened frozen orange juice concentrate
1 tbsp. honey
3 egg whites
1/4 tsp. cream of tartar
1 tsp. grated orange rind (optional)
Mix and sift dry ingredients thoroughly several times. Make a well in the mixture. Add in order: oil, unbeaten egg yolks, orange juice concentrate and honey. Beat until smooth. Place egg whites in a bowl. Add cream of tartar and beat until very stiff. Fold stiffly beaten egg whites and grated orange rind into the flour mixture. Pour into a 9" tube pan. and bake at 325 F for 35 minutes.

PEACH OR PINEAPPLE UPSIDE DOWN CAKE

1/2 C oil
1/2 C honey
2 eggs
2 C barley, oat flour mixture
3 tsp. soda
1/2 C milk
3 tbsp. butter or margarine
1/4 C maple syrup
6 slices canned pineapple or peaches, drained
Canned red or black sweet cherries, drained
Blend first 3 ingredients. Add dry ingredients alternately with milk. Put butter in a 9" square pan or layer pan and place in oven until butter melts. Stir in maple syrup and arrange pineapple or peach slices so they lie flat in pan. Place a cherry here and there for decoration. Pour batter over them. Bake 20 -25 minutes at 350 F. Turn cake out of pan onto a plate, bottom side up.

If your teenage kids ignore you
Just try not to be bitter
In a few short years, they'll adore you
When they need a baby sitter

PINEAPPLE CARROT CAKE

1 C pitted dates
1 C water
1 C raisins
Chop fruit and add water and boil for 3 minutes. Add 1/2 C margarine. In a mixing bowl blend date mixture with:
1 C rice and 1 C oat flour OR 2 C barley flour
2 eggs
1 tsp. soda
1 tsp. vanilla
Mix well and add:
8 oz. unsweetened, well drained, crushed pineapple
1 C coconut
1/2 C chopped carrots
1 C chopped nuts
Pour into a greased 8" x 12" floured pan. Bake 30 minutes at 375 F.

PINEAPPLE DUMP CAKE

1/4 C honey
2 eggs
2 C flour (scant)
2 tsp. soda
1 can crushed pineapple
Beat ingredients together and pour into a greased 9" square pan. Bake at 375 F for 35 minutes.

PO HOPE NATURAL HONEY CAKE

3 C chopped apples
1/2 C honey
4 eggs
3/4 C oil
3 C whole wheat or barley flour
2 tsp. soda
2 tsp. cinnamon
1/2 C raisins
1/2 C walnuts
Combine apples, honey and eggs. Add oil, flour, soda, and cinnamon. Stir until moist and well mixed. Stir in raisins and nuts. Pour in a greased and floured tube pan. Bake at 350 F for 1 hour or until done. It can also be put in a 9" x 13" pan.
Variation: These are also good baked as muffins.

PUMPKIN CAKE

1/2 C honey
2/3 C oil
2 C cooked pumpkin
4 eggs, lightly beaten
2 C whole wheat flour, scant
2 tbsp. cinnamon
3 tsp. baking powder
2 tsp. soda
2 tsp. almond extract
1 C chopped nuts or seeds
1 C raisins or chopped figs

Preheat oven to 350 F. Mix all the ingredients together in a large bowl. Pour into 2 oiled or buttered 9" layer cake pans, or 1 oiled tube pan or one 9" x 13" pan.

PUMPKIN CAKE ROLL

3 eggs
2 - 3 tbsp. honey
3/4 C pumpkin
1 tsp. lemon juice
1 C barley flour OR 1/2 C barley and 1/2 C oat or rice flour
1 tsp. baking powder
2 tsp. cinnamon
1/2 C nuts (optional)

Beat eggs well, until thick and fluffy, gradually adding the honey. Stir in pumpkin and lemon juice. Fold in the dry ingredients. Spread in a well greased and floured cookie sheet pan. Sprinkle with finely chopped nuts or nut crumbs. Bake at 375 F for 15 minutes. Turn onto a wet towel (sprinkled with cornstarch, optional). Start at narrow end and roll towel and cake together. Cool, unroll and spread filling on. Roll (without towel) and chill. This can be frozen, and cut and then served.

Variation: Other fillings can be used such as: apple butter, date filling, pumpkin roll filling (see frosting section), or thicken with clearjel pineapple juice, apricot juice or apple juice.

God did not promise loaves for the loafers.

QUEEN ELIZABETH CAKE

1 1/4 C boiling water
1 C dates
1 tsp. soda
1 egg
1/4 C oil
1/4 C honey (optional)
1/4 - 1/2 C nuts
1 1/2 C flour
1 tsp. baking powder
1 tsp. vanilla
Pour boiling water over dates and soda. Let cool. Beat egg, oil and vanilla. Add flour and baking powder alternately with date mixture. Add nuts and bake in a 8" x 8" pan at 350 F.
Top with:
1 C coconut
1/4 C honey
2 tsp. butter
1 tsp. cream (optional)
Spread on cake when it is almost done and continue baking.

RICE MAPLE WALNUT CHIFFON

1 3/4 C rice flour
3 tsp. baking powder
Make a well then add:
1/2 C oil
1/2 C honey
4 egg yolks
3/4 C water
4 tsp. maple flavouring
1 tsp.vanilla
Beat until very stiff:
7 egg whites
1/2 tsp. cream of tartar
Fold together gently and add:
1/2 C walnuts
Bake in tube pan at 350 F for 1 hour.

Happiness is often the halfway point between too little and too much.

RYE BANANA CHIFFON

1 3/4 C rye flour
4 tsp. baking powder
Make a well and add:
1/4 C oil
1/4 C honey
6 tbsp. cold water
4 - 5 egg yolks
1 C mashed banana or pumpkin or thick apple sauce
1 tsp. lemon extract
Beat until smooth and fold into stiffly beaten egg whites:
1 C egg whites
1/2 tsp. cream of tartar
Bake at 350 F.
Variation: Add 1 tsp. cinnamon, or anise, 1/2 C sunflower seeds or 1/2 C raisins.

SPECIAL SOUR CREAM SPICE CAKE

1 C sour cream
1 tsp. soda
1/2 C shortening or oil
2 tbsp. honey
2 eggs
1 tsp. vanilla
1 3/4 C stirred whole wheat flour
2 tsp. baking powder
1/2 C pineapple with juice
Spice mix:
2 tsp. cinnamon
1/2 tsp. each nutmeg and ground ginger
1/8 tsp. all spice
Stir soda into sour cream and let sit. In beater bowl, beat shortening and eggs until light. Add honey and vanilla. Stir flour, measure and add baking powder. Mix flour alternately with sour cream mixture. Spread half of the batter in the bottom of the pan. Sprinkle half of the spice mixture over the batter. Repeat another layer of batter and spice. Bake. Spread baked pineapple topping (see frosting section) on cake and broil.
Variation: You may omit pineapple, but add 1/3 C water or juice.

SOUR CREAM CAROB CAKE

1/2 C butter
1/3 C honey
3 egg yolks
3/4 C carob moistened with hot water
Mix well. Add:
1 3/4 C whole wheat pastry flour or barley flour
1/2 tsp. soda
1/2 C sour cream or substitute
1 tsp. vanilla
Mix together and gently fold in:
3 egg whites, beaten stiff
Bake at 325 F for 30 minutes.

SPICY GRANOLA CAKE

1 1/2 C rice flour
1 1/2 C oat flour
3 C oatmeal
1/2 C honey
3 tsp. cinnamon
1 1/2 tsp. allspice
2 3/4 tsp. soda
3/4 C oil
Mix well to make a crumbly mixture. Set aside 2 cups for topping. To the remainder add:
1 3/4 C sour milk
4 eggs
Vanilla
Mix and pour into cake pan. Top with crumbs and bake to a golden brown.

STRAWBERRY UPSIDEDOWN CAKE

In the bottom of an 8" pan put:
2 tbsp. oil
4 C strawberries
Cream:
3 tbsp. oil
3 tbsp. honey
2 large eggs
Stir together:
1 C barley flour
2 tsp. baking powder

Add dry ingredients with:
1/4 C apple juice or juice from canned fruit
Dash of vanilla
Mix and pour over top of berries Bake at 350 F for about 30 minutes.
Variation: Instead of strawberries you can use: raspberries, blueberries, huckleberries, elderberries, peaches or half apples and half ground cherries.

SUNMAID SPICE CAKE

1 C shortening
1/2 C honey
3 eggs
1 C water or milk
2 5/8 C barley flour
1 tsp. each cinnamon, allspice and nutmeg
1 C raisins
Bake in 3 layer pans or one 9" x 13" pan at 350 F.

SUNSHINE CHIFFON CAKE

5 eggs (separated)
1/3 C honey
5 tbsp. cold water
1 C barley flour or rice flour
1 tsp. baking powder
Vanilla, lemon or your choice of flavouring
Beat egg yolks with honey and add water. Beat until slightly thickened. Beat in the dry ingredients. Beat egg whites until stiff and fold in last.

TWO LAYER SPONGE CAKE

7 egg yolks
1/4 C honey
2 tbsp. lemon juice
1/2 tsp. vanilla
3/4 C potato starch
7 egg whites
Beat yolks, add honey and beat thoroughly. Add lemon juice and vanilla. Add potato starch, blending. Add beaten egg whites last.

VEGETABLE CAKE

1/2 C oil
1/4 C honey
3 eggs
3 tbsp. hot water
1/2 tsp. soda dissolved in the water
1 tsp. vanilla and cinnamon (optional)
1 C raw shredded beets
1 C raw shredded carrots
2 C barley flour
2 tsp. baking powder
3/4 C nuts (optional)
Beat together first 6 ingredients until light and fluffy. Add carrots and dry ingredients. Pour into a greased 9" x 13" pan. Bake at 350 F for 45 minutes.
Variation: Separate eggs and add stiffly beaten egg whites last.

WEDDING CAKE

4 large eggs, separated
1/4 C hot water
2 tbsp. lemon juice
1/3 C oil
1/2 C honey or other sweetener
1 C grated raw carrot
1 tbsp. grated orange rind
1 2/3 C barley flour, sifted 4 times
1/2 C coconut
1/2 C pecans, chopped
Drop egg whites into a bowl and yolks into another bowl, adding 1/4 tsp. salt to each. Beat the egg yolks until thick, adding the hot water while continuing to beat until like meringue. Add 1 tbsp. lemon juice. Add oil slowly while beating. Add 1/4 C honey slowly while continuing to beat. Remove egg beaters. Mix carrot and orange rind in. Using a wire whip, very gently fold in small portions of sifted flour, alternately with portions of carrot. Use as few strokes as possible. Fold in coconut. Beat egg whites stiff. While beating, add 1 tbsp. lemon juice and 1/4 C honey, slowly. Carefully, fold meringue into batter with wire whip. Sprinkle half of the nuts on bottom of tube pan. Pour batter into pan and sprinkle remaining nuts on top. Bake at 325 F for 1 hour. Test with toothpick. Let stand 5 minutes and then invert to cool. Ice with wedding cake frosting (see frosting section).
Variation: Add baking powder for a lighter cake.

WHOLE WHEAT CHIFFON CAKE

2 C whole wheat flour, stirred
1/2 C honey
3 tsp. baking powder
2/3 C oil
1 C water
1 tsp. flavouring of your choice
6 egg yolks
Beat the above ingredients until smooth. Beat until stiff:
8 egg whites
1/2 tsp. cream of tartar
Fold into first mixture. Bake in tube pan at 350 F for 1 hour.
Variation: Use 1 C rye and 1 C barley flour instead of whole wheat.

WHOLE WHEAT RASPBERRY CHIFFON

1 1/2 C whole wheat flour
3 tsp. baking powder
1/2 C oil
1/2 C liquid honey
1/2 C raspberry juice or other fruit juice
1/4 C water
5 egg yolks
2 tsp. vanilla
7 egg whites, beaten stiff
1/2 C raspberries, mashed or other fruit
1/2 C chopped walnuts
Mix dry ingredients with wet. Beat for 2 minutes with electric beater. Fold in stiffly beaten egg whites and then the raspberries. Bake at 350 F for 1 hour.

ZUCCHINI CHIFFON CAKE

In bowl #1 mix together:
2 C sifted barley flour
2 tsp. baking powder
2 tsp. cinnamon
1 C shredded zucchini
In bowl #2 beat together:
6 egg yolks
1/2 C oil
2 tsp. vanilla
In bowl #3 beat:
6 egg whites stiffly beaten

Add 1/2 C barley flour gradually while still beating. Mix #1 and #2 together and fold in #3. Bake in tube pan for 1 hour.

TEA BREADS

ALMOND RAISIN BREAD

2 C oat or barley flour
1 1/2 tsp. soda
1/2 tsp. nutmeg
1 tsp. cinnamon
1/2 C butter or margarine
1 1/2 C applesauce
2 eggs
1/4 C citron or zucchini
1/2 C chopped figs
3/4 C raisins
3/4 C almonds
Combine dry ingredients. Add butter and apple sauce. Beat on low for 2 minutes. Add eggs and beat for 2 minutes. Stir in fruits and nuts. Pour into greased and floured 9" loaf pan. Bake 350 F for 1 1/2 hours or until done.

APPLE BUTTER QUICK BREAD

Over low heat warm:
1 C apple butter
4 tbsp. lard
1 C yogurt or thick sour cream
Allow to cool until barely warm. With a fork stir together:
1 tbsp. baking powder
1 tsp. soda
1 C (heaping) whole wheat flour
1 C (heaping) rye flour
Add 2 lightly beaten eggs to the apple butter mixture then stir liquids into dry mixture until well blended. If batter seems too wet then add a little more rye flour. Pour batter into well greased, standard sized loaf pans. Bake at 325 F for a little more than an hour. Test with a toothpick at about one hour.

Good examples have twice the value of good advice.

BANANA OAT BREAD

2 C oat flour
1 tsp. soda
1 egg (1/4 C water may be substituted)
1 banana, mashed
1/3 C safflower oil or 1/2 C butter
1/2 C honey (good without, too)
1/2 C nuts or raisins
Preheat oven to 375 F. Mix all ingredients and add additional water if needed for the right consistency. Bake in loaf pan about 25 - 30 minutes.

BLUEBERRY ORANGE BREAD

1 egg
2 tbsp. melted butter
2 tbsp. honey
3/4 C orange juice
1 tbsp. lemon peel
2 C whole wheat flour
1 tsp. baking powder
1/2 tsp. soda
3/4 C blueberries
Cream egg, butter and honey. Add juice, peel and dry ingredients. Blend lightly and fold in blueberries. Bake in a greased loaf pan. Cool cake 5 minutes and remove from pan. Brush with orange glaze:
1 tbsp. honey
2 tbsp. orange juice
1 tsp. orange peel
Variation: Omit blueberries.

Giving

It is strange but very true - giving just enriches you.
If you give a kindly deed, if you plant a friendship seed
If you share a laugh or song, if your giving rights a wrong.
Then the joy you feel and share makes more goodness everywhere
It is strange but very true - giving just enriches you!

CAROB-APPLESAUCE LOAF

Cream:
1/2 C butter or oil
1/4 C honey (can be omitted)
Add 1 egg and beat thoroughly. Stir in 1/4 tsp. vanilla.
Sift together:
1 C barley flour
3/4 C rice flour
1/2 C carob
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. allspice
Add to first mixture alternately with 3/4 C applesauce. Pour into loaf pan and bake at 350 F for about 50 minutes.

DATE BREAD

8 oz. pitted, whole dates, snipped
1 C raisins
1 1/2 C boiling water
2 C whole wheat flour
1 tsp. soda
1 tsp. baking powder
2 slightly beaten egg whites
1 tsp. vanilla
1/2 C chopped almonds
Put dates and raisins in bowl and pour boiling water over and set aside. In large bowl, mix soda, flour and baking powder. Stir egg whites and vanilla into date mixture. Add date mixture and almonds to flour mixture. Stir well until blended (mixture will be thick). Spread evenly in a lightly greased loaf pan. Bake at 350 F until done. Cool thoroughly. Wrap and store overnight before serving.

Have you had a kindness shown?
Pass it on!
Let it travel through the years,
Let it wipe anothers tears,
Till in Heaven the deed appears -
Pass it on!

DELICIOUS PUMPKIN BREAD

3 C rice, millet or barley flour
2 tsp. baking powder
2 tsp. soda
2 tsp. cinnamon
1 1/2 tsp. ginger
1 tsp. nutmeg
1 tsp. cloves
4 eggs
1/2 C honey or maple syrup (or less)
1 C oil
2 C pumpkin puree
1 C raisins
1 C nuts
Keep 1/4 C nuts to sprinkle on top. Bake 325 F for 65 minutes.
Note: If adding raisins, you may want to cut down on the sweetener.

LEMON BREAD

1/2 C oil
1/2 - 1 tbsp. honey
2 eggs
1 1/2 C barley flour
1/4 C apple juice or 1/2 C water
1 - 2 tsp. baking powder
1 - 2 tbsp. lemon juice
2 tsp. lemon rind (optional)
1/2 C walnuts (optional)
Mix in order given and bake in a greased bread pan.
Variation: Mix 1 tbsp. honey and 1 tbsp. lemon juice and slowly pour over bread after it is baked and removed from pan.

Take time to think, it is the source of power;
Take time to play, it is the secret of perpetual youth;
Take time to laugh, it is the music of the soul;
Take time to love and be loved, it is a God-given privilege.

MAPLE BRAN BREAD

Sift together:
1 1/2 C flour
3 tsp. baking powder
Add in order:
1 1/2 C bran
1/2 C chopped dates
1 egg
3/4 - 1 C milk or water
1/2 C maple syrup OR 2 tbsp. maple syrup and 1/3 C water
4 tbsp. oil
Mix well. Pour into an 4" x 8" greased loaf pan. Bake at 350 F for 50 minutes.

MINCE COFFEE CAKE

1 egg, beaten
1/2 C nut milk
1/3 C oil
3/4 C mincemeat
2 tbsp. honey
1/2 C chopped nuts
2 tsp. baking powder
1 3/4 C barley or wheat flour
Combine wet ingredients. Add dry ingredients and mix well. Pour into a greased bundt pan or loaf pan. Bake at 375 F for 30 - 40 minutes.

NUTTY BRAN DATE BREAD

1 2/3 C boiling water
2 tsp. soda
8 oz. dates
Pour boiling water over dates and soda. Let stand until cool.
Cream together:
1/2 C margarine
1/4 C honey (or less)
2 eggs
Add 1/2 C sour dough to dates. Into creamed mixture, alternate date mixture with:
1 1/2 C wheat or barley flour
1 C wheat germ
1/2 C bran

Fold in 2 C chopped almonds. Pour into greased loaf pans. Bake at 375 F for 10 minutes. Reduce heat to 350 F for another 40 - 50 minutes. Let stand in pans for 10 minutes before removing.
Variation: Omit sourdough and add extra flour.

PUMPKIN SPICE LOAF

1 3/4 C flour (scant)
1 tsp. soda
1 tsp. cinnamon or coriander
1/2 tsp. nutmeg or allspice
1/4 tsp. ginger and cloves
1/2 C soy margarine or butter
1/2 C maple syrup
2 eggs
3/4 C pumpkin
1/2 C dates or raisins
1/4 C nuts
Stir together dry ingredients. Mix together butter, maple syrup, eggs and pumpkin. Combine with dry ingredients; add dates and nuts and stir. Bake at 350 F in greased loaf pan for 1 hour.

WHOLE WHEAT CARROT CAKE

1 C freshly grated carrots
1/4 C maple syrup or honey
1/4 C butter, melted
1 egg
1 C whole wheat flour
1 tsp. baking powder
1/2 tsp. nutmeg
1/4 tsp. soda
In a large bowl, beat together honey, maple syrup, melted butter and egg until smooth. In a separate bowl combine, flour, baking powder, nutmeg and soda. Gently stir into liquid ingredients until batter is smooth. Do not over mix. Fold in carrots. Pour into a greased loaf pan - 3" x 6". Bake at 325 F for 40 - 50 minutes. Cool and spread with cream cheese frosting. Beat until smooth:
12 oz cream cheese
1/4 C honey
1 tsp. lemon juice
1/2 C chopped nuts

ZUCCHINI LOAF

Beat:
3 eggs
1/3 C honey
1/2 C oil
1/2 c water or fruit juice
2 tsp. vanilla
With a fork, stir together:
3 C barley flour
1 heaping tsp. baking powder
1 tsp. soda
1 tbsp. cinnamon
Combine with egg mixture and beat until well blended.
Stir in:
2 C grated zucchini
1 C chopped walnuts
Turn into two well greased loaf pans. Bake at 350 F for about an hour (test with a toothpick). Let stand a few minutes before removing from pan. Freezes well.
Variation: Add 1 C coconut and 1/2 C raisins.

FROSTINGS

APRICOT GLAZE

2 C fresh or frozen apricots
2 tbsp. lemon juice
1/3 C honey
Heat slowly until mixture is bubbly and juicy. Blend to puree. Cool. To use, spread glaze on cake 10 minutes after it is baked. Allow to cool.
Note: This is good on carrot cake.

AVOCADO PINEAPPLE ICING

Avocado and banana, mashed
Crushed pineapple, drained
Mix or blend equal amounts of each item.

Choose rather to punish your appetite than to be punished by it.

BAKED ON FROSTING

2 egg whites
1/4 tsp. baking powder
1/4 C honey
1/4 C chopped nuts
2 tsp. sifted flour
Beat egg whites until frothy. Add baking powder and beat until stiff. Slowly add honey and beat until creamy, like thick marshmallow creme. Sift over bowl the 2 tsp. flour and beat until mixed. Spread on hot cake and sprinkle nuts on top. Brown lightly in the oven at 350 F.
Variation: Coconut can be used instead of nuts.

BAKED ON ICING

3 tbsp. butter or nut butter
3 tbsp. honey
1 C coconut or crushed cornflakes or 1/2 C coconut and 1/2 C nuts
1 tsp. vanilla
Boil 3 minutes. Pour on cake and brown in oven under broiler for 5 minutes or until brown and bubbly OR heat the mixture only until well blended before pouring onto the cake to brown. Excellent on date or oatmeal cakes (or any cake) as an icing.
Variations: 1. Add 2 tbsp. cream, soy cream or nut cream.
2. Add one egg yolk to the heated mixture.
3. Reduce coconut to 1/2 C.

BAKED PINEAPPLE TOPPING

2/3 C well drained crushed pineapple
2 tbsp. soft butter
Spread on warm cake. Slide under broiler rack and brown a little. Watch it, it takes only a few minutes.
Note: Good on spice cakes.

BAKED TOPPING

1/4 C melted butter
1/4 C maple syrup or honey
2 - 3 tbsp. nut cream (blend cashews and a little water)
3/4 C coconut
Mix, spread and broil for 3 - 5 minutes.

BANANA FILLING

1 C water or milk
2 tbsp. honey
Bring to a boil and thicken with 2 tbsp. tapioca starch or corn starch.
Add:
3/4 C bananas (mashed)
1/2 C raisins
1 tsp. vanilla

BASIC CREAM CHEESE FROSTING

8 oz. cream cheese softened or soft tofu
1/4 C honey or corn syrup
1 tsp. vanilla
1/2 C butter or nut butter (almond, peanut, etc.)
Combine and mix well. If too thick, thin with water. Spread on cake and garnish with chopped nuts, coconut, etc.
Note: Good on banana, carrot and pineapple cakes.
Variation:
1. Butter may be omitted.
2. To make pineapple cream cheese frosting add 1 C drained crushed pineapple but omit honey, butter and vanilla.
3. To make yogurt cream cheese frosting replace 1/2 C butter with plain yogurt.
4. For coconut cream cheese frosting replace 1/2 C butter with unsweetened coconut. Add 2 tbsp. grated orange or lemon rind (optional).
5. For lemon cream cheese frosting omit butter and vanilla. Add 1 tsp. lemon juice and 1/2 C chopped nuts.

BOILED FROSTING

2/3 C honey
1/3 C water
Boil until 242 F on firm ball stage (not hard)
Beat 2 egg whites stiff and slowly add hot syrup.
Add:
1 tsp. vanilla
Beat until frosting stands in peaks. Spread on cake.
Variation: Add 3/4 tsp. lemon flavour instead of vanilla and sprinkle with 1 C coconut after it is spread on cake.

Remember: You never get a second chance to make a first impression.

BOILED ICING

1/4 C corn syrup
1/4 C honey
1 C water
Cook until soft ball stage - 238 F. Beat 2 egg whites stiff plus 1 tsp. honey. Slowly pour hot syrup into egg whites. Beat until thick enough to spread. Add 1 tsp. vanilla. This will keep quite a while in the fridge. Add a bit of water if too thick when ready to use.
Variation: Omit vanilla and add 2 tbsp. orange juice and 1/2 tsp. orange rind, added last.

CARAMEL FUDGE FROSTING

1 C milk or thin cream
1 1/2 C honey
2 tbsp. butter
Cook until soft ball stage - 238 F. Add 1 tsp. vanilla. Cool to luke warm. Beat until creamy and spread on cake. Add chopped nuts if desired.
Variation: Add 3 tbsp. carob to mixture before boiling.

CAROB BANANA FROSTING

1/4 C butter, margarine or nut butter
1 large banana
2 tbsp. carob powder (optional)
Blend all ingredients until smooth. Spread on cake.

CAROB ICING

2 tbsp. honey
2 1/2 tsp. carob powder
1 C boiling water
1 tsp. vanilla
2 1/2 tbsp. corn starch
Bring first 4 intredients to a boil, then thicken with corn starch mixed with a little cold water. Remove from heat and add 1 tbsp. butter.

Few minds wear out,
more rust out.

CAROB NUT FROSTING

6 dates
3/4 C boiling water
1/2 C nut butter
3 - 4 tbsp. carob
1 tsp. vanilla
Pour boiling water over dates in blender jar to soak. Add all remaining ingredients and blend. Cool. Spread just before serving.

CAROB ROLL FILLING

1 C water
1/3 C honey
1 tbsp. butter
2 tbsp. carob
2 tbsp. tapioca starch or corn starch
1 tsp. vanilla
Boil until thick.

COCONUT FILLING

1 C water
3/4 C coconut
1 tbsp. honey (optional)
1 tbsp. cornstarch
1/2 tsp. vanilla extract
Blend all ingredients and cook to thicken. If a thicker filling is desired for whoopie pies add more thickener. Good on carob cakes as a frosting or as a dressing for raw fruit salads.
Note: Do not frost cakes until serving, as the frosting discolours.

CUSTARD FILLING FOR CAKES

1/3 C cornstarch
1 3/4 C water
1/3 C honey
2 egg yolks
1 tsp. vanilla
Cook to thicken.

FILLING FOR CAKES

1 C dates
1/2 C currants
1/2 C raisins
1 C coconut
1 C walnuts
1 C almonds
1/2 C honey
1 C water
3 egg whites

Grind dried fruits and chop nuts. Cook honey and water to softball stage - 238 F. Pour syrup over stiffly beaten egg whites. Beat stiff and add rest of ingredients. Spread on or between cake.

GLAZE FOR APPLE CAKE

1 C apple juice
1 tbsp. arrowroot flour

Heat juice to boiling. Add a small amount of water to flour and make a paste. Remove juice from heat and stir in flour paste until thickened. Put warm glaze on when cake is cool. May be sprinkled with slivered almonds or walnuts.

HONEY 7 MINUTE FROSTING

1 egg white
1 tbsp. water or orange juice
3/4 C honey

Put in double boiler. Beat constantly with egg beater. Remove from heat when thick and add 1 tsp. vanilla.

Variation:
1. After cooking, beat in 1 1/2 tbsp. carob powder.
2. For maple frosting, use maple syrup instead of honey plus 1/8 tsp. cream of tartar.
3. Add 1 tbsp. orange or lemon rind and lemon or orange flavouring instead of vanilla.

ICING FOR WEDDING CAKE

1 C pure orange juice - unsweetened
1/2 C water
1 1/2 rounded tbsp. corn starch

Cook until slightly thickened. This is enough to drizzle over a tube cake.

LEMON SAUCE

1 C boiling water
1/4 C honey
2 tbsp. lemon juice
Dash of nutmeg
1 tbsp. cornstarch.
Cook until thickened. Cool.

ORANGE CREME

1 C yogurt
Orange extract to taste
1/2 tsp. orange rind
1 tsp. honey
Place the yogurt in a strainer lined with cheese cloth and place over a bowl to catch the liquid. Let the yogurt sit for 2 hours and discard the liquid. This is now yogurt cheese. In a small mixing bowl, combine the yogurt cheese with the orange extract, orange rind and honey. Spread on angel cake.
Variation: 1. Replace 1/2 C tofu or cream cheese for yogurt cheese.
2. Use peppermint extract for a carob cake.

PUMPKIN ROLL FILLING

1 C milk
2 tbsp. arrowroot flour or 3 tbsp. cornstarch
1/4 C honey
1/2 C soft margarine
1/2 tsp. vanilla or peppermint flavour
Mix milk and arrowroot and cook until thick, stirring constantly. Cool. Beat together the remaining ingredients and add to cooled mixture. Put on cooled cake and roll up and freeze if desired.

QUICK HONEY FROSTING

1 C honey
1/2 C coconut
1/2 C nuts
Warm honey so that it spreads. Add coconut and nuts. Spread on cake. You can also spread the honey first and then sprinkle with coconut and nuts.
Variation: Bring honey to boiling point and then spread.

RASPBERRY SAUCE

2 C raspberries, fresh or frozen
1 C crushed pineapple
1/2 C water or juice
3 tbsp. cornstarch
1/4 C sweetener (optional)
Cook until thickened. Drizzle over whole wheat chiffon cake or use as a filling for a layer cake.

SESAME COCONUT ICING

1/2 C sesame seeds
1/4 C coconut
1/4 C almonds
1/2 tsp. vanilla
3/4 C water
1 - 2 tsp. honey (optional)
Blend all ingredients. Sesame seeds and coconut could be equal amounts.

SNOWY FROSTING

3 tbsp. flour or cornstarch
1 C milk or substitute
Boil until thick. Cool. Cream together:
1/2 C shortening or butter
1/4 C honey (creamed)
2 tsp. vanilla
Beat into boiled ingredients until fluffy, about 10 minutes. Good with carob layer cake.

SUGAR FREE ORANGE ICING

Combine:
2 tbsp. soft butter
2 tbsp. whole wheat or oat flour or 1 1/2 tbsp. arrowroot flour
1/3 C frozen orange juice (undiluted)
Cook until thick. Beat in 3/4 C milk powder or 4 oz. cream cheese (optional). Milk powder will give your icing a glossy appearance. If too thick, add more orange juice.
Note: When you omit the milk powder, reduce butter to 1 tbsp.

MOTHERS

God, be kind to Mothers
With cookie jars to fill,
And funny lullabies to sing,
When dusk blows down the hill.

Who scrub small children's faces
When early school bells ring,
And let a boy bring puppies home,
Or bugs, or anything.

God, be kind to Mothers
When it is candle-time.
And children's rounded voices
Say prayers in ordered rhyme.

May there be special blessing
At night, when houses sleep,
On all the Mothers everywhere
Who have child hearts to keep.

Helen Welshimer

Desserts

LIFE ISN'T ALL DESSERT

We try to teach our children
Desserts are just a treat,
That meat and vegetables
Are better things to eat.
Within this life we're living
The main course is the work,
The duties and the burdens
We all are prone to shirk.
But we must needs remember,
As this life's bread we eat,
Our duties are the main course
And leisure is the treat.

DESSERTS

Let us remember that desserts do not have to be eaten every day, much less with every meal. There are many nutritious alternatives to our traditional desserts such as yogurt and/or fresh fruit. Eat desserts in moderation and prepare them as nutritionally as possible. Let us strive to desert our desserts!

AMBROSIA

1 C pineapple wedges or tidbits
2 bananas
1 C apples, chopped and cored
1/2 C coconut
1/4 C raisins
1/2 C nuts
1 C raw strawberries
2 oranges, chopped
1 C blueberries (optional)
1 C raspberries
1 C peaches
Fresh or frozen fruit may be used. Mix all ingredients lightly and add just enough fruit juice to moisten. Serve immediately. Fruit juice jello, cut up adds colour and variety.

APPLE SALAD DESSERT

8 red delicious apples, cut in cubes with peelings on, sprinkled with 1 tbsp. lemon juice
Dressing:
1/4 C cream or nut cream
1/4 C peanut butter, or other nut butter
1/2 tbsp. mayonnaise (optional)
2 tbsp. honey (optional)
Mix and pour over apples.
Add:
1/2 C raisins
1/4 C coconut
1/2 C peanuts
1/2 C celery
2 bananas
Mix and serve.
Note: Peanuts will not stay crisp if added too long before serving.

BLACK CURRANT DANISH

Mash or grind raw black currants. Dilute with 1/2 water and sweeten with apple syrup or honey. Add canned or fresh sour cherries. A wonderful, refreshing dessert.

CHRISTMAS WALDORF SALAD

4 C chopped apples
1/2 C celery
1 C grapes (cut in half and deseeded)
2 tbsp. walnuts
Toss ingredients. Garnish with red apple wedges, shaped like a poinsettia. Use walnuts for flower centres.

FANNY FRUIT DOLL

Head - pear half, small end down
Body - peach half, rounded side up
Arms - banana, sliced in half
Skirt - triangular mound of berries
Hair - berries set in whipped cream
Eyes - blueberries
Mouth - piece of red apple
Feet - 2 dabs of cream

FRUIT FANTASY

1 C yogurt or soft tofu
1 small banana
1 tsp. lemon juice
1 tsp. honey
Dash of nutmeg
1 cantaloupe
Place the yogurt, banana, lemon juice, honey and nutmeg in blender and process on low speed until smooth. Split the cantaloupe and cut out balls using a melon baller. Divide among individual serving dishes. Pour the yogurt mixture over top. Serve chilled.

No one ever climbed a mountain by looking at it.

FRUIT TRAY

Take a pineapple and cut lengthwise in quarters or sixths, leaving the leaves on and cutting them the same way using kitchen shears, so each piece has some leaves attached. The pineapple will have the shape of a boat. With a sharp knife slice lengthwise just above the skin. Now cut down onto the skin making tidbit pieces, so you can lift the pieces out of your boat at serving time. Place the boats so they form an "x" on your tray and have the leaves draping out over the corners. This makes a divided tray. Arrange the tray with fruits of your choice between the pineapple boats.

FRUIT WHIP

1 C fresh raspberries
1 banana, sliced
1 C drained pineapple
2 C cream, whipped
Stir fruit into whipped cream. Serve in cold sherbet glasses.

FUN SALAD

Red, ripe apples
Unsweetened coconut
Raisins
Nuts or seeds
Set the ingredients on the table in large bowls. Each person can core and chop the amount of apples they want. Sprinkle with remaining ingredients and everyone has a "custom built salad". Children enjoy making and eating this fun salad.
Variation: Toss with Banana Dressing.

LAYERED FRUIT DESSERT

Use a crumb crust for bottom layer. Slice bananas length wise on crust. Spread well drained crushed pineapple over bananas. Add a layer of fresh sliced strawberries. Top with whipped cream, crumbs or almond cream.

Blessed is the man who is too busy during the day to worry and too tired to lay awake at night.

MELON AMBROSIA

2 medium sized cantaloupes
1 C pineapple chunks
1 C strawberries
1/4 C coconut
1 banana, chunked
1/2 C plain yogurt
1/2 tsp. nutmeg
1 tbsp. lemon juice
Scoop out cantaloupe meat. Add remaining ingredients. Chill and serve OR blend 1/2 of the mixture in the blender and then pour this puree over remaining fruit and serve.

RAW FRUIT SALAD

4 C green grapes
4 C blue grapes
1 C peanuts or dates
1 C coconut
1 C apples
8 bananas
Cover bananas and apples with 2 C unsweetened pineapple juice. Add orange slices to above to fill a gallon jar.

STRAWBERRY DELIGHT

1 qt. strawberries, fresh or frozen
1 can pineapple tidbits
2 bananas
Slice strawberries and bananas. Add pineapple and pineapple juice to moisten fruit slightly. Chill and serve.

TWELVE HOUR FRUIT SALAD

3 egg yolks
2 tbsp. lemon juice
1 tsp. honey
1 tbsp. butter
Cook until thick. Cool. Whip 1 C cream until stiff. Fold into cooled dressing. Add 6 C drained fruit, cherries, pineapple tidbits, orange sections, bananas, grapes, apples, etc.
Variation: Use 3/4 C soft tofu in place of cream. Blend with cooked mixture. If too thick, add enough water until it reaches the desired consistency.

YOGURT DESSERT

2 C plain yogurt or tofu
Add: bananas, unsweetened pineapple, coconut, apple butter, nut butter, honey, oatmeal, vanilla or any other fruit of your choice. Use ingredients according to your taste.

FRUIT SALAD DRESSINGS

BANANA DRESSING FOR FRUIT SALAD

2 tbsp. ground almonds (left over from nut milk)
1 tbsp. lemon juice
2 ripe bananas
Blend. If necessary, add 1 tsp. water to start blending action. Let rest 5 minutes before serving. This can be used on Fun Salad or other fruit combinations.

FRUIT SALAD DRESSING

1/4 C pineapple juice
1/2 pkg. cream cheese or soft tofu
1/2 tsp. honey (optional)
1 tsp. lemon juice (optional)
1/2 C whipped cream
Blend ingredients. Add whipped cream last.

FROZEN DESSERTS AND ICE CREAM

FROZEN FRUIT SALAD

2 C orange juice
5 ripe, mashed bananas
1 large can crushed pineapple
1 C water
Mix ingredients. Freeze in a 9" x 13" pan. This makes a refreshing dessert. It can also be put in paper cups for individual servings.
Variation: For frozen fruit sherbet, homogenize in champion juicer.

A man cannot get anywhere if he is stradling a fence.

HOME MADE ICE CREAM #1

Heat 1 quart milk to boiling point. Add 2 tbsp. barley flour which has been dissolved in a jar with 1 - 2 C milk. Stir into heated milk until it boils and a custard is formed. Remove from heat. Add 2 tbsp. vanilla and 1/2 tsp. salt. Gradually add 1 C maple syrup. Cool. Add 2 C heavy cream and 2 quarts whole milk. Pour into a 6 qt. ice cream maker and freeze. For grape nut ice cream, add 1 C home made grape nuts which have been softened with 1 C milk. Add this after ice cream is partially churned.

Variation: Use nut milk instead of regular milk and substitute nut cream for cream.

HOME MADE ICE CREAM #2

2 tbsp. honey
4 eggs, separated
Pinch of salt
1 tsp. natural vanilla
2 C thick, creamy rice milk or nut cream

Beat honey, egg yolks and vanilla until mixture is creamy. Beat egg whites until stiff, then fold into nut cream mixture. Stir 2 or 3 times during freezing. The honey and egg mixture settles to the bottom while freezing, but if you stir it a few times it will mix and freeze well.

Variations:
1. Replace nut cream with whipping cream and add 1/4 C maple syrup.
2. Blend all ingredients, freeze and homogenize in your champion juicer.
3. Add carob chipits or nuts.

ICE CREAM #1

Bring to a boil:
3 tbsp. nut butter
2 C water, nut or rice milk
Add:
1/2 C oat flour
1 tbsp. molasses mixed with water

Boil until thick, and add 2 beaten eggs. Remove from heat and stir in 1 tbsp. margarine. Cool and add vanilla. Separate 6 eggs. Beat egg whites until stiff in one bowl and whisk yolks in another bowl. Gently fold eggs into boiled mixture. Freeze, stirring occasionally. This is best served the same day as made and not frozen too hard. Serve with apple molasses.

ICE CREAM #2

Simmer 1 qt. milk uncovered for several hours until it measures 1 pt. Soak 1 envelope gelatin in 1/4 C water. When dissolved, stir into milk, simmering until dissolved. Cool until it begins to set. Meanwhile whip 1 pt. cream until thick. Separate 8 eggs, add a pinch of salt to the whites and then beat until stiff peaks form. Beat yolks until thick and lemon coloured. Add 1/2 tsp. vanilla. Gradually mix whipped cream and egg whites. Stir yolks into chilled milk. Combine the two mixtures and freeze. Do not stir. Serve with apple molasses or maple syrup.

LENA'S PINEAPPLE ICE CREAM

1 C raw cashews
1 1/2 C water
1 C crushed pineapple
3 tbsp. soy milk powder or coconut
1/3 C honey
1 tsp. slippery elm powder
1/4 tsp. salt
1 tsp. lemon juice
1/3 C coconut or soy oil
Whip until very smooth. Add oil last, slowly while blending. Freeze in bowl. Whip again and freeze, but not too hard. Serve with sliced bananas and coconut.
Variation: Add egg whites when partially frozen.

PINEAPPLE FREEZE

Puree in blender:
20 oz. can (2 1/2 C) unsweetened pineapple
Slice in 6 bananas. Pour into a flat glass baking dish. Freeze until firm or for future use. To serve, defrost in fridge for 3 hours.

STRAWBERRY SOFT YOGURT ICE CREAM

1 envelope gelatin
1/4 C cold water
1/4 C honey
6 tbsp. nonfat dry milk (or soy powder)
1/4 C water
2 C yogurt or soft tofu
1 C strawberries or 2 bananas

In a small saucepan, soften gelatin in cold water. Add honey and warm over low heat until gelatin is dissolved. Mix dry milk with water, then mix with yogurt and fruit in blender. While machine is still working, add gelatin mixture pouring in a steady stream into the centre of the blender. Freeze until desired consistency is reached.

VANILLA ICE BEAN

1/3 C honey
3 C soy or rice milk
1 1/2 - 2 tsp. vanilla
1/4 C oil
Pinch of salt
Blend and add 3/4 tsp. lecithin. Blend well. Add any flavour of fruit. Freeze in ice cream freezer. This is best eaten before it is frozen solid.

VIOLA'S DATE ICE CREAM

Blend:
2 C water
2 tbsp. carob
25 dates
15 almonds or cashews
2 tbsp. oil
2 tbsp. honey
1 tsp. vanilla
1/4 tsp. salt
Soak 3/4 tbsp. Agar Agar in 1 C water. Boil one minute and add to the blender. Blend until smooth. Freeze. Serve before it gets too hard.

YOGURT BLENDER ICE CREAM

In a blender put:
2 eggs
2 tbsp. honey 1 tsp. vanilla
Blend and add:
2 - 4 C partially frozen strawberries or fruit of your choice. Blend for a few minutes. Add yogurt or tofu, which has been frozen on a pie plate and then broken into approx. 1" cubes. Serve immediately.

APPLE BUTTER PUDDING

2 eggs
2/3 C apple butter
1 C sour milk or substitute
1 tsp. soda
1 tsp. cloves
1 1/2 C barley flour
1 tsp. cinnamon or coriander
Steam 1 1/2 hours or bake.

APPLE BUTTER PUFFS

Bring to a boil in a large saucepan:
1/2 C oil
1 C water
Add all at once:
1 1/4 C whole wheat, rye or barley flour
1 tsp. honey
Cook and stir vigorously until batter leaves sides of the pan and forms a ball. Remove from heat. Beat in 1 egg until well blended and batter is smooth and shiny. Repeat with remaining 3 eggs. With a wet spoon place heaping spoonfuls of the mixture on a greased baking sheet, allowing a 2" space between each mound. Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake for 25 minutes longer or until surface is crisp and firm. Cool. Cut opening in sides and fill with apple butter or filling of your choice.
Apple Butter Filling
Boil 1 C water or apple juice and thicken with 1 tbsp. cornstarch. Cool and add 3 tbsp. apple butter.

APPLE COBBLER

7 or 8 large tart apples
Mix:
1 tsp. cinnamon
1/2 tsp. each allspice, ginger, nutmeg
Place apples in a well greased baking dish and sprinkle spices over apples. Stir together:

Right makes might.

2 tbsp. honey
1/4 C oil
3/4 C soy milk or substitute
2 C barley flour
2 tsp. baking powder
Do not over mix. Quickly spread dough over apples. Bake at 375 F for 1/2 hour or until golden brown.

APPLE CRUMB

Fill an 8" baking dish with sliced, cored apples, 3/4 full. Sprinkle with 1/3 C raisins. Mix 1 C oatmeal, 1/2 C barley flour, cinnamon, cloves, and nutmeg to taste. Pour over apples. Fill dish 1/2 full with apple juice. Bake at 350 F 30 - 40 minutes. Serve warm with nut milk.
Variation: Use other fruit and spices as desired.

APPLE DUMPLINGS

2 C flour
2 1/2 tsp. baking powder
1/2 C milk or water
1/4 C shortening or oil
1 tbsp. maple syrup (optional)
Mix above ingredients together as for pastry. Roll out and cut into 4 - 6 squares. Core and peel 4 - 6 apples and wrap each apple in a pastry square, first filling apple cavities with 1 tsp. maple syrup. Mix together and bring to a boil:
1/3 C maple syrup
2 1/4 C water
1/4 C butter (optional)
Pour in an 8" x 12" cake pan. Place the apple dumplings in the hot sauce. Bake for 50 minutes at 350 F until lightly browned. Serve hot with milk or nut milk.

APPLE ROLY POLY

Syrup:
3/4 C maple syrup
2 1/4 C water
1/4 C butter
Mix together and bring to a boil. Pour into an 8" x 12" cake pan.

APPLE ROLY POLY (CONT'D)

Dough:
2 - 3 C flour (half rye and half whole wheat)
1 tbsp. honey
4 tbsp. lard or oil
Add:
2 beaten eggs
1/4 C water
Mix and roll out onto board. Peel, core and chop 6 apples and place on pastry. Roll up as for a jelly roll. Slice 1 1/4" thick and place cut side down in a cake pan. Bake at 350 F for 35 - 40 minutes.

APPLE TART

3 - 4 medium sized apples, peeled and cut into 1/4" slices
2 eggs
1/2 C yogurt
1/8 C honey
1/4 C barley flour
1/4 tsp. vanilla
1 tbsp. apple jelly
2 tbsp. apple juice
Grease a 9" pan with a removable bottom. Arrange apple slices in circles, slightly overlapping each other in the pan. In a medium sized bowl, combine the eggs, yogurt, honey, flour and vanilla. Spoon over the apple slices until they are covered. Bake at 375 F for 30 minutes. In a small saucepan, combine jelly and apple juice over low heat. Brush evenly over tart and bake 10 minutes longer until lightly browned.

APPLE TORTE

Batter:
4 eggs
1/3 C maple syrup
1 C oil
2 3/4 C flour
2 tbsp. baking powder

Last night I decided to count my blessings, I didn't think it would take long; but I certainly showed poor guessing for today I am still going strong.

APPLE TORTE (CONT'D)

Beat eggs and maple syrup together, add oil and beat until light in colour. Sift flour and baking powder, then add to egg mixture. Put 1/2 of the batter in a 9" x 13" pan. Spread apple filling on top then remainder of batter. Melt 1 tbsp. butter and add 2 tsp. maple syrup and pour on top of batter if desired. Bake at 325 F for 1 hour.
Variation: Enjoy this with other fruits.
Filling:
6 - 8 apples, peeled and sliced
3 tbsp. minute tapioca
1 tbsp. cinnamon
Cook in 2 1/2 C water until apples are soft.

APPLE RICE PUDDING

2 eggs, separated
1/2 C raisins
1/4 tsp. nutmeg
3 C cooked rice
6 - 8 large apples, pared, cored and diced
1/4 C butter, melted
1/4 tsp. cinnamon
2 tbsp. honey (optional)
Beat egg whites until they are stiff and stand up in peaks. Place in refrigerator. Beat egg yolks until they are light and lemon coloured. Add honey, raisins, cinnamon, nutmeg and salt. Combine egg yolk mixture, diced apple and rice. Add butter and mix well. Finally, fold in stiffly beaten egg whites. Pour into a well greased baking dish. Bake at 350 F for 30 - 40 minutes or until apples are tender. Serve warm.

APPLE RAISIN WALNUT BAKE

3 medium apples, chopped
1/4 C chopped walnuts
3 tbsp. raisin, chopped
3 tbsp. barley flour
1/2 tsp. baking powder
1/2 tsp. cinnamon
1 egg, beaten
1/4 C apple juice
1/2 C nut cream

APPLE RAISIN WALNUT BAKE (CONT'D)

Place the apples, walnuts and raisins in a medium size bowl. In a small bowl, combine the flour, baking powder and cinnamon. Toss with apples until fruit is coated. In a small bowl, beat the egg and juice. Pour over the apple mixture and toss until well combined. Grease a souffle dish. Place the apple mixture in the dish. Bake at 350 F for 50 minutes. Top with 1/2 C nut cream when serving, if desired.

APPLES IN AMBUSH PUDDING

2 C barley flour or part oat bran
1/2 C oil
1/4 C honey
2 tsp. baking powder
2 eggs
3/4 C milk or (fruit juice and omit honey)
1 tsp. vanilla
Apples
Core and cut apples into bottom of a baking dish. Mix some apples into the dough. Pour dough over apples and bake. Other fruits can also be used.

BAKED APPLE FRITTERS

8 eggs
1 C milk
1 tsp. soda
1 tbsp. lemon juice
3 C oat and rye flour
3 tsp. baking powder
5 large ripe apples
Beat the eggs and add the milk, lemon juice and soda. Beat in the flour and baking powder. Add the chopped apples last (or cut the apples in rings and dip into the dough). Place on a greased cookie sheet and bake at 325 F for 25 minutes. Leave in a warm oven for another hour if you want the crust to resemble deep fried fritters. Yield: 20 large fritters.

I grumbled because I had to get up in the morning - until I couldn't get up one morning.

BAKED BANANAS

For each serving you will need:
1 or more banana
1 tsp. butter
1 tsp. lemon juice
Dusting of cinnamon
Mash and put into a baking dish. Sprinkle with lemon juice, melted butter and cinnamon. Bake at 400 F for about 5 minutes or until bananas are tender. Serve piping hot with yogurt or almond cream on top.

BAKED FIGS

24 large figs
1 C apple juice
Wash figs. Cut off stems. Arrange in a baking pan or dish. Pour apple juice over figs. Bake at 250 F for 30 - 40 minutes. Juice should be thickened and mostly absorbed. Serve with soy or almond cream.
Variation: Sprinkle crumbs on top before baking.

BAKED RICE PUDDING

3 tbsp. brown rice (uncooked)
2 - 3 C milk or substitute, water or part fruit juice
1 tbsp. butter or nut butter (optional)
2 tbsp. honey or maple syrup - less if using fruit juice
1/2 tsp. nutmeg, cinnamon, cloves
1 tsp. vanilla
Mix together. Cover and bake 2 hours at 350 F.
Variations
1. Add 1/2 C nuts, or sunflower seeds.
2. 1 C cooked rice may be used. Bake only 30 - 45 minutes.
3. Sprinkle 1/4 C rice krispies, puffed rice, granola, bran flakes etc. on top before baking.
4. Add 2 tbsp. ground almonds in place of butter.
5. Add 1 - 2 beaten eggs.
6. Add peaches, bananas or other fruit after it is baked.
7. Add whipped cream or nut cream.

Vacant lots and vacant minds usually become a dumping ground for all kinds of rubbish.

BARLEY APPLE PUDDING

1/2 C barley
2 C sliced apples
1 tbsp. lemon juice
1/3 C orange juice
1 tbsp. oil
3 tbsp. honey
1/2 tsp. cinnamon
1/4 tsp. nutmeg
Cook barley in water 30 - 40 minutes. Drain liquid and reserve for soup. Arrange apple slices to cover bottom of an oiled casserole dish. Drizzle lemon juice over apples. Mix remaining ingredients with cooked barley and spoon over apple slices. Bake in preheated oven at 350 F for 30 minutes. Serve hot or cold.

BROWNIE PUDDING

2 C barley flour
2 tsp. baking powder
2 tbsp. carob
3/4 C milk or substitute
2 tbsp. oil
2 tsp. vanilla
Put batter in dish.
Mix:
2 C hot water
2 tbsp. carob
1/2 C honey
Pour over batter. Bake at 350 F until done.

CAROB STEAM PUDDING

3 eggs
2 tbsp. carob powder
1/2 C honey
1/2 C oil
3/4 C water
2 C stirred whole wheat flour
2 1/2 tsp. baking powder
Steam one hour. A carob sauce may be served on top of pudding.
Variation: Use half rye and half barley flour.

CHERRY PUDDING

1 qt. canned cherries
1/4 C maple syrup (optional)
3 tbsp. barley flour
Cook juice of cherries adding 1 C water and maple syrup. When boiling add flour mixed with 1/2 C water. Stir until thickened and smooth. Add cherries and cool.
Crumbs:
1 1/2 C flour
1 1/2 C oatmeal
1/2 C maple syrup
1 tsp.soda
1 tsp. cinnamon
3/4 C melted butter
Put dry ingredients into bowl. Add butter and syrup and mix to make crumbs. Put 1/2 of the crumbs in a buttered baking dish. Pour cherry filling over this and top with remaining crumbs. Bake for 20 - 25 minutes.
Variation: Use fruit of your choice. You can also put the crumbs in the bottom of the pan and the fruit on top or vice-versa.

CINNAMON APPLES

Peel and core ripe, mild apples. Use a low stainless steel pan and arrange apple halves on their sides in a circle, filling the pan from the outside in. Add a small amount of water or apple juice. Steam cook until the apples are soft. Serve hot or cold. Sprinkle with cinnamon or spices of your choice.

DELICIOUS STEAMED CHRISTMAS PUDDING

1 egg
1/2 C oil
1/2 C honey
1 C barley flour
1/2 tsp. each of cloves, nutmeg, cinnamon
1 C each of raisins, raw grated carrots, raw grated potatoes
1 tsp. soda
Dissolve soda in half of potatoes and add last. Mix lightly and pour into greased bowls. Steam 3 hours. Serve with hot sauce.

Sauce:
1/4 C butter
1/2 C honey
Melt butter and honey and add 1 1/2 tbsp. flour or cornstarch to 2 C water. Boil until slightly thickened. Add vanilla.

DIP A DANDY

1/4 C honey
4 tbsp. water
3 tsp. carob
1/4 C butter or oil
1 tsp. vanilla
Bring to a boil. Remove from heat and add 1 tsp. vanilla. Dip in bread or rice cakes until coated. Serve immediately with milk as a pudding or quick dessert.

FRUIT COBBLER #1

2 1/2 C fruit, sliced and drained
1/4 C fruit juice (first amount)
1 1/2 tsp. lemon juice
1/2 tsp. almond flavour (optional)
1/2 tsp. lemon rind (optional)
1 C barley flour
2 tsp. baking powder
1/4 C oil
1 egg, beaten
1/3 C fruit juice (second amount)
Put fruit, 1/4 C fruit juice, lemon juice, almond flavouring and rind in the bottom of an 8" pan. Combine rest of ingredients and pour over fruit. Bake at 400 F for 30 minutes.

FRUIT COBBLER #2

3 tbsp. oil
1 C thick apple sauce or other fruit sauce
1 egg
1/2 C rye flour
1 C whole wheat or barley flour
2 tsp. baking powder
1/3 C water or milk

FRUIT COBBLER #2 (CONT'D)

Cut oil into dry ingredients. Beat egg and add milk and combine with dry mixture. Stir until moistened. Pour 2 C chopped peaches (or other fruit) into a shallow, greased baking dish. Sprinkle with:
1 tbsp. tapioca
1 tbsp. lemon juice
2 tbsp. oil
Drop batter in 6 mounds on top of fruit. Bake at 400 F for 30 minutes.

FRUIT DUMPLINGS

2 tbsp. butter or oil or 1 beaten egg
1 1/2 C flour (rye or barley)
2 tsp. baking powder
1 - 2 tbsp. honey (optional)
1/2 C milk, fruit juice or water
1/2 tsp. vanilla
Combine to make a dough. Drop by spoonfuls into boiling fruit. Cover tightly and simmer for 25 minutes.

FRUIT SHORT CAKE

Mix 1 C stirred brown rice flour
1 C stirred oat flour
3 tsp. baking powder
Cut in 1/3 C oil until coarse crumbs.
Beat together:
1 egg
1/2 C water
1 tbsp. honey
Add liquid all at once to flour and stir just until moistened. Pat to 3/4" thick and cut as for large biscuits or put dough in a 9" x 13". Bake at 425 F for 15 - 20 minutes. Cut in half and fill with fruit to serve.

We should be like a watch - open face, busy hands, pure gold, well regulated and full of goods works.

GINGERBREAD

1/4 C shortening
1 egg
1 C boiling water
1/4 C molasses
Mix and add:
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. ginger
1 3/4 C barley flour
Bake 20 minutes in a quick oven.

GRAHAM PUDDING

1 egg
3 tbsp. apple molasses
1/4 C oil
1 C water
1 1/4 tsp. soda
1/3 tsp. cinnamon
1/4 tsp.allspice
2 C oat flour
Mix and bake. Serve with milk and/or fruit.
Variation: Add a banana and/or 1/2 - 1 C raisins.

GRAPE NUT PUDDING

2 C milk or juice
1/4 C honey (optional)
1/2 C raisins
1 1/2 C grape nuts
2 eggs, separated
Add egg whites last. Steam for 1 hour.

HASTY CARROT PUDDING

2 tbsp. oil
1/8 C honey (optional)
1 C flour
1 1/2 tsp. baking powder
1/2 C nut milk
1 C raisins or dates
1/2 C grated carrots
1 tsp. vanilla
1/4 C nuts (optional)

Mix together and put in greased pan or bowl. Pour syrup over top.

Syrup:
1/2 C honey
1 - 2 C boiling water
1 tbsp. flour
1 tbsp. butter (optional)
1 tsp. vanilla

Mix and pour over batter. Bake at 350 F for 45 minutes. Carrots may be omitted.

HONEY APPLE PUDDING

1/4 C butter
1 egg
2 tbsp. honey or maple syrup
1 C barley flour
1 tsp. baking powder
1 tsp. cinnamon
1/4 C water

Topping:
1/4 C water
2 tbsp. honey or 1/4 C raisins
1/2 tsp. cinnamon
3 C peeled, thickly sliced apples
2 tbsp. walnuts

Cream butter and honey. Add egg and beat well. Stir together flour, baking powder and cinnamon. Add alternately with 1/4 C water to creamed mixture and spread in an 8" x 8" pan. For topping, heat honey, water and cinnamon in a saucepan. Add apples and cook gently, stirring until apples are coated with syrup and are almost tender. Spread apple mixture on batter and bake at 350 F for 30 - 40 minutes.

Variation: Use 1 C whole wheat flour. Add 1/4 C raisins and 2 tbsp. walnuts to cooked apple mixture.

MRS G'S TOFU CHEESE CAKE

3 C tofu
1/3 C lemon juice
1/4 C oil
1/4 C melted margarine (cooled)
1/3 C honey
1 1/4 tsp. vanilla
1/4 C soy milk or substitute

MRS. G'S TOFU CHEESE CAKE (CONT'D)

Combine ingredients in a blender in order given, adding liquid only if needed. Mixture should be quite thick. Pour into a pie plate or crumb crust. Bake at 350 F for 30 minutes or until set. Top with fruit to serve.

Crust:

2 C granola, blended until fine, mixed with 3 tbsp. fruit juice and pressed into a pie plate. Prebake 10 minutes at 350 F.

Variation: Substitute oil and margarine with 4 - 6 tbsp. nut butter.

NANCY'S STEAM PUDDING

1/3 C honey
2 tbsp. margarine
3 C dried bread crumbs (or half oatmeal)
1 1/2 C water
1 tsp. cinnamon or nutmeg
1/2 C rice flour
1 1/2 tsp. soda
Raisins
Mix and steam until done.

OATMEAL PUDDING

1 egg
1/4 C honey
1 1/2 C water
1 rounded tbsp. margarine
1 tsp. baking powder
1 1/2 tsp. soda
1 1/2 C oat flour
1 C rice flour
1 C oatmeal

Variation: Use half rye and half barley flour. Add a sprinkle of raisins.

PEACH CRISP

6 C fresh or canned peaches
1/3 C whole wheat or rye flour
1 C oats
2 tbsp. honey
1/3 C melted butter

PEACH CRISP (CONT'D)

Preheat oven to 375 F. Place peaches in a baking dish. Combine dry ingredients and add butter and honey. Mix until crumbly. Sprinkle on top of peaches. Bake 30 minutes.

PEACH SOUFFLE

1 1/2 C peaches
3 - 4 tbsp. honey
1/2 tsp. nutmeg
1 tbsp. lemon juice
5 egg whites
Dash of cinnamon

Puree the peaches in a food processor or blender. In a small saucepan over low heat, combine puree with the honey, stirring often for about 20 minutes or until thickened. Remove from heat and add nutmeg and lemon juice. Cool the mixture to luke warm. Beat the egg whites until stiff peaks form. Whisk 1/3 of the egg whites into the peach mixture. Gently fold peach mixture into the remaining egg whites. Spoon into a 1 1/2 qt. ungreased souffle dish. Sprinkle with cinnamon. Place the dish in a pan of hot water and bake on bottom rack at 300 F for 1 hour or until firm to the touch and browned. Do not open oven door until near the end of baking time or souffle may fall.

PERFECT BAKED CUSTARD

1 pkg. gelatin
4 1/2 C milk
5 - 7 large eggs
1 tbsp. honey
Orange extract or concentrate to taste

Soften gelatin in 1/2 C milk. Heat remaining milk, then add gelatin. Stir. Beat 3 egg whites with 1 tsp. honey and set aside. Combine eggs, honey, salt and orange extract. Beat long enough to blend. Slowly add hot milk mixture. Mix well. Pour in shallow dish. Place beaten egg whites on top and swirl lightly. Bake at 325 F for 40 minutes or until knife comes out clean. Chill over night.

Flattery is like soft soap, and soft soap is 90% lye.

PINEAPPLE RHUBARB CRUNCH

Mix:
1 C oat flour
1 C oatmeal
1/2 C oil (scant)
1 tsp. cinnamon
1/2 tsp. each cloves and nutmeg
Press 1/2 of the crumbs into a greased 9" pan. Cover with 3 C diced rhubarb, fresh, frozen or canned. Add 1 C pineapple (optional) and 1/2 - 3/4 C juice. Sprinkle with 1/4 C honey (optional). Top with remaining crumbs. Bake at 350 F for 30 minutes or until brown. Serve immediately.

PUMPKIN CREAM CHEESE PUDDING

1/2 C soft butter
1/4 C maple syrup
1 C flour
1 C rolled oats
1 tsp. baking powder
1/4 tsp. soda
1/4 C water
Mix dry ingredients, then add maple syrup, butter and water. Put in a 9" x 9" pan.
2 eggs
1/4 C maple syrup
1 (8 oz.) pkg. cream cheese or tofu
Beat eggs, maple syrup and cream cheese together. Put on top of crumb base and bake at 350 F for 20 - 25 minutes.
3 egg yolks
1/2 C water
2 C pumpkin
1/4 C maple syrup
Cook these ingredients and thicken with:
1/2 C water
2 - 3 tbsp. flour or cornstarch
Boil until thick. Pour on top of baked crumb crust. Beat egg whites until stiff, adding 2 tbsp. maple syrup. Put on pudding and bake until top is browned.

Sympathy is never wasted except when you give it to yourself.

PUMPKIN CUSTARD

2 C mashed pumpkin
1 C soft bread crumbs or substitute
2 - 4 eggs, separated
1 1/2 C nut or soy milk
1/4 C maple syrup
1/2 C shredded coconut or carrot
3 tbsp. oil
1 tsp. orange flavouring or 1 tbsp. concentrated juice
Combine ingredients as listed, reserving the egg whites. Whip them until stiff and fold in last. Bake in a casserole dish at 325 F until it thickens and is lightly browned.
Variation: Reserve egg whites until custard is set then beat stiff with 1 tbsp. honey to make a meringue. Spread over custard and brown.

QUICK STOVE TOP MAPLE PUDDING

2 C flour
4 tsp. baking powder
1/4 C butter (optional)
2/3 - 1 C milk or water
1/2 C raisins or chopped apples
Sauce:
2/3 C maple syrup
1 3/4 C water
Combine maple syrup and water in dutch oven and bring to a boil. Mix remaining ingredients and drop by spoonfuls into sauce and cook for 10 - 12 minutes before serving. Do not uncover while cooking. Serve hot.

RHUBARB COBBLER

Fruit base:
2 C water
3/4 C honey
2 tbsp. cornstarch or substitute
6 C diced rhubarb
2 tbsp. butter
1 tsp. cinnamon
Bring water and honey to a boil. Add cornstarch moistened with 1/4 C more water. Cook until thickened, then cool. Layer diced rhubarb in bottom of baking dish. Dot with butter and sprinkle with cinnamon. Pour liquid over top.

Shortcake:
1 1/2 C rye flour
1/2 C rice flour
4 tsp. baking powder
6 tbsp. margarine
2/3 - 1 C water
Cut margarine into dry ingredients. Add water to make a moist dough. Drop by spoonfuls onto fruit and bake uncovered for 1 hour.
Variation: Put a layer of unthickened fruit into bottom of pan and cover with dough.

RHUBARB PUDDING

2 C rhubarb or part pineapple
1/4 C oil
1 egg
1 C milk or apple juice
1/4 C honey (omit if using apple juice)
2 tsp. baking powder
2 C barley flour
Place rhubarb in bottom of a baking dish. Combine remaining ingredients and pour on top of fruit. Bake at 350 F until done.
Variation: Use other fruits for variety.

SALLY'S PUDDING

1/4 C honey
3 tbsp.butter
1 egg
1 C water
1 1/2 tsp. soda
2 tsp.baking powder
1 C rice flour
1 C rye flour
Mix and bake.
Variation: Add chopped apples or other fruit before baking.

A family that prays together,
stays together.

SHORT CAKE

2 eggs
1/8 - 1/4 C maple syrup
2 tbsp. butter, melted (optional)
1 C nut milk or water
1 tsp.vanilla
2 1/2 C flour
2 heaping tsp. baking powder
Beat together. Pour into 2 layer pans or 8" cake pans. Bake at 375 F for 25 - 30 minutes. Cut cake in half. Spread with fruit, between and on top OR boil 1/2 C maple syrup and 1/2 C water until it spins a thread. Pour over 2 slightly beaten egg whites. Add 2 C crushed strawberries or other fruit. Spread between layers and on top of cake.

STEAMED CAROB PUDDING

3 eggs
2 tbsp. carob powder
1/4 C honey (omit if using fruit juice)
3/4 C nut milk, fruit juice or mashed fruit
2 tsp. baking powder
1 C barley flour
1/2 C raisin (or more if desired)
Steam 1 hour.

STEAMED PUDDING

Heat water in bottom of a double boiler. Melt 2 tbsp. butter in top of boiler. Swish around to coat pan. Add:
4 tbsp. fruit butter or jam
1 tsp. soda (this will foam)
1 C milk
1 C stirred whole wheat flour
1 C raisins
Mix in order given. Cover tightly and steam for approx. 1 1/2 hours.

The Lord's storehouse is unlocked by prayer when faith turns the key.

STEAMED RASPBERRY PUDDING

2 eggs
1 C milk, raspberry or apple juice
1 tsp. soda
1/4 C honey (or less)
1 C raspberries
Flour to make a nice dough
Cut down on sweetener if using fruit juice. Steam 2 hours.

STRAWBERRY CAKE PUDDING

1 recipe of your favourite carob cake
1 qt. strawberries
3 tbsp. cornstarch or substitute
1/2 C maple syrup
1 tbsp. butter
1 C yogurt or soft tofu
1 tbsp. maple syrup
Bring strawberries with a little bit of water to boiling point. Remove from heat. Make a paste with cornstarch, maple syrup and 1/2 - 1 C water. Stir until smooth, then pour into strawberries, stirring constantly. Put back on heat and bring to a boil. Boil for 2 - 3 minutes. Add the butter and cool. Break the cake into bite size pieces in a serving bowl. Alternate layers of cake and thickened fruit. Top with sweetened yogurt. Decorate with banana slices.

STRAWBERRY SHORT CAKE

2 C flour
2 tsp. baking powder
1 tbsp. honey (optional)
3/4 C nut milk or fruit juice
1/4 C oil
1 tsp. vanilla
Cut liquid into dry ingredients. Mix lightly. Bake. Cut in half and put fruit on top and in between. Crush the fruit so it will form its own juice.

Doubt is the worst enemy of peace of mind.

ALMA'S GRAPE SPONGE

2 tbsp. gelatin, soaked in cold water
1 C boiling apple juice or water
2 C unsweetened grape juice (undiluted)
1 tbsp. lemon juice
1 tsp. orange flavour or 2 tbsp. orange juice
2 egg whites

Dissolve soaked gelatin in boiling apple juice. Add grape, lemon and orange juices. Cool until mixture begins to set. Beat until frothy. Add stiffly beaten egg whites. Pour into bowls. When set, top with 1" of thickened blueberries.

Variations: 1. Beat 1/2 C heavy cream and add to mixture when adding egg whites.
2. Use any other fruit juice or puree's in place of grape juice and apple juice.

ALMOND TAPIOCA

Soak 1/2 C pearl tapioca in 1 C water for several hours or overnight. Cook tapioca in 3 C apple juice or water until thick and clear. When cooked add 2 - 4 tbsp. almond butter. Add almond flavouring if desired and more fruit juice if too thick.

Variation: For mint tapioca, cook tapioca in strong peppermint tea instead of juice and omit nut butter.

Note: Use a slow cooker to make tapioca. It doesn't need much attention and will not burn.

APPLE RICE DESSERT

1/4 C honey
2 tbsp. butter
1/4 tsp. cinnamon
1/8 tsp. nutmeg
2 apples, chopped

Heat until hot and bubbly. Add:

2 C cooked rice
2 C milk or water
2/3 C raisins

Heat until mixture bubbles but does not come to a full boil. Reduce heat and simmer. Stir occasionally until pudding thickens (about 15 minutes). Serve warm or cold. Garnish with 1/3 C wheat germ.

BANILLA PUDDING

1/2 C water, nut milk, soy milk or prune puree
1/2 C vegetable oil
2 tbsp. honey (optional)
1 1/2 tsp. vanilla
1 peeled banana, or more
3 hard boiled eggs
Blend first 4 ingredients. Continue to blend adding banana and eggs until smooth. Chill and serve.
Variations: 1. Add carob powder.
2. Omit banana and add carob powder.
3. Add pumpkin and carob instead of banana.
4. Spoon into popsicle molds and freeze.

BANANA CREAM

3 C soy or nut milk
3/4 C flour
4 bananas
Blend milk and flour in blender. Heat until it thickens and simmer for 10 minutes. Return to blender with bananas. Blend and cool. This can be used as a dessert or as a pie filling.

BUTTERSCOTCH TAPIOCA CREAM

2 egg whites
2 tbsp. maple syrup (optional)
1/2 C butter
2 egg yolks
4 C milk or water
6 tbsp. granular tapioca
1/3 C maple syrup

Beat egg whites until foamy. Add 3 tbsp. maple syrup and beat until soft peaks form. Set aside. Combine 1/3 C maple syrup and 1/2 C butter and cook 1 - 2 minutes. Set aside. Mix egg yolks, milk and tapioca. Let stand 5 minutes. Then cook and stir over medium heat until mixture comes to a full boil. Stir in butter mixture. Very slowly add tapioca to egg whites, stirring rapidly. Stir again after 20 minutes while cooling.

CAROB CUSTARD

1/2 C nuts
4 C water
1/4 C carob
1/3 C tapioca flour
1/4 C honey (optional)
Place nuts in blender and add water and then the rest of the ingredients. Heat until thick, stirring constantly. Pour into custard cups or pie shell. Garnish with coconut.
Variation: Alternate with granola in a serving dish.

CAROB RAISIN CHEESECAKE

1/4 C raisins
1/2 C water
Soak raisins in water and set aside.
1 1/4 C granola or crumbs
1/3 C oil
Combine and press into pie plate. Refrigerate.
3 egg, separated
2 C milk or substitute
2 tbsp. gelatin
6 tbsp. carob (scant)
2 tbsp. oil or butter (optional)
1 1/2 tbsp. lemon juice (optional)
1 tsp. vanilla
1/4 C honey
2 C cream cheese or soft tofu

A true friend is a gift from God.

CAROB RAISIN CHEESECAKE (CONT'D)

Beat egg yolks and milk. Sprinkle gelatin on top. Stir over low heat until gelatin is dissolved and mixture thickens slightly. Add carob, oil and vanilla. Stir until melted. Remove from heat. Beat cream cheese and honey. Gradually beat in gelatin mixture and soaked raisins. Chill until partially set. Beat egg whites until stiff but not dry. Add to gelatin mixture. Pour onto crumb crust in pie plate. Chill until set.

Variation: Omit water, raisisn, carob and butter for a plain cheesecake. Top with your favourite thickened fruit.

CAROB SPANISH CREAM

1 tbsp. unflavoured gelatin
3 tbsp. honey (optional)
3 egg yolks, slightly beaten
2 C milk or substitute
4 tbsp. carob powder, sifted
1 tsp. vanilla
3 egg whites

Mix gelatin, salt and honey. Add egg yolks, milk and carob to gelatin mixture. Cook over low heat until gelatin is dissolved, approx. 8 minutes. Chill. Beat egg whites until stiff. Fold in and pour into mould.

CAROL'S MAPLE CHEESECAKE

1/4 C butter, melted or nut butter
2 tbsp.maple syrup
1 1/4 C oatmeal
2 - 8 oz. softened cream cheese or tofu
1/2 C maple syrup
3 eggs
2 tbsp. flour

Combine melted butter and maple syrup. Stir into oatmeal. Press firmly into the bottom of a 9" square pan. Bake at 350 F for 10 - 15 minutes. Beat cream cheese or tofu until creamy. Gradually beat in 1/2 C maple syrup. Blend in eggs and flour. Pour on top of baked crust and bake for 20 minutes or until set. Cool, then top with your favourite thickened fruit.

God will accept broken hearts,
if we give him all the pieces.

CREAMY COCONUT PUDDING

Mix:
1/4 C maple syrup
2 1/2 heaping tbsp. cornstarch
1 tbsp. flour
3 egg yolks, beaten
Add 3 C water or milk. Mix until smooth. In a saucepan, boil until thickened, stirring constantly. When thick, take off heat and add:
1 C coconut
1 tbsp. butter
1 tsp. vanilla extract
Fold in stiffly beaten egg whites. Cool and pour into bowls lined with cracker crumbs.
Variation: Use nut butter to make crushed graham wafers stick together to line bowl with.

CRACKER PUDDING

Mix to scald:
4 C tofu milk or substitute
2 eggs
1/4 C honey or maple syrup
Add:
1 C cracker crumbs or substitute
1/2 C coconut
Bring to a boil. Remove from heat and add 1 tsp. vanilla. Serve hot or cold.

CREAM OF WHEAT PUDDING

In a saucepan, bring 2 C milk to a boil. Add 1/4 - 1/3 C cream of wheat, stirring constantly. Cook until thickened, about 5 minutes. Combine and beat until light:
2 egg yolks (reserve whites)
1/4 C honey
Add slowly to cream of wheat stirring constantly. Cook 2 minutes. Remove from heat and add 1 tsp. vanilla. Add a few drops of almond flavouring. Beat egg whites until stiff. Fold into pudding and pour into a serving dish. Chill thoroughly. Serves 6.
Variation: Substitute cream of rice for cream of wheat.

CREAMY PARSNIP DESSERT

Blenderize 4 C mashed parsnips. Add a little fruit juice or water until desired thickness and creamy texture is achieved. Pour into a bowl.
Add:
1 C unsweetened coconut
3 - 4 tbsp. carob (optional)
1 C raisins
1/2 C nuts
1 tsp. vanilla
1 tbsp. maple syrup or honey (optional)
Cool and serve.

CREAMY PRUNE FLUFF

1 C prune puree or pulp
2 egg whites
2 tbsp. lemon juice
1 C yogurt or soft tofu
Wash prunes, cover with cold water and cook until soft. Put through a grinder. Measure 1 C pulp, add lemon juice and cook for a few minutes or until thick. When cool, beat egg whites until stiff. Fold egg whites and yogurt into prune mixture. Chill until set.

FRUIT RINGS

2 C fruit juice
1 1/2 tbsp. gelatin
Soak gelatin in 1 C fruit juice. Bring the other cup of juice to a boil and add the gelatin mixture to dissolve it. Pour into a can of desired size. Let partially set and then stick a peeled banana down the centre. Let set. Unmould and cut in slices.

GLORIFIED RICE

2 C cooked brown rice
1 C pineapple or peaches
1 C chopped apples or oranges
1 C strawberries or raspberries
1/4 C (or more) each of raisins, coconut, granola, nuts
1 tbsp. honey (optional)

GLORIFIED RICE (CONT'D)

Add fruit juice to make desired consistency. Mix all together and chill before serving.

Variations:
1. Add whipped cream or nut cream last for a creamy texture.
2. For pineapple rice, add 1 1/2 C pineapple to rice and whipped cream. Omit the rest of ingredients.
3. For peachy rice, add 1 qt. peaches and omit the rest of ingredients.

LEMON CUSTARD

2 C orange puree (put oranges in blender)
1 C water
Juice and rind of 1 lemon
2 tbsp. honey (optional)
1/4 C thickener (barley flour or cornstarch)
Put all in blender then cook for 2 minutes. Pour into a serving dish or pie crust.
Variation: Use pineapple juice instead of orange puree.

MOM'S CARAMEL PUDDING

1/3 C honey
1/4 C butter or margarine
4 C milk or substitute
3/4 C barley flour
3 eggs
1 tsp. vanilla
Caramelize honey and butter. Add milk. Combine all other ingredients, using some of the milk to moisten. When milk is hot, add flour mixture and stir until it boils. Beat while cooling with a spoon.
Variation: Separate eggs and beat whites stiff and stir into caramel pudding when cool. Add whipped cream before serving if desired.

Let's not try to get ahead of each other;
but get ahead with each other.

MRS. PAT'S ENGLISH TRIFLE

1. In the bottom of one large or two small bowls, put a layer of cubed cake of your choice. (Preferably a plain white cake.)
2. Spoon some all natural jam around the cake (optional).
3. Sprinkle 1/4 C fruit juice over cake and jam.
4. Put 4 C drained fruit of your choice over cake - pineapple, peaches, sour or sweet cherries, fruit cocktail etc.
5. Bake an egg custard using 4 C milk, or substitute, and 6 eggs. Spoon over fruit while still warm.
6. Top with whipped cream or almond cream if desired. Decorate with fruit.

Variations:
1. Fruit may be thickened with flour or cornstarch before pouring into bowl.
2. Fruit and cake may be placed in alternate layers in bowl and omit custard.
3. Top with whipped cream substitute made of 8 oz. cream cheese or soft tofu, 1 tbsp. butter, 2 stiffly beaten egg whites and 2 tbsp. maple syrup. Beat together and pour on top.

NATURAL JELLO

1/2 tsp. Agar Agar or 1 1/2 tsp. gelatin
1 C fruit juice of your choice

Soak Agar or gelatin in 1/2 C of the fruit juice. Bring the rest of the fruit juice to a boil. Add the juice and gelatin mixture. Boil 1 - 2 minutes or until Agar or gelatin has been completely disolved. Pour into a bowl or pan and let set.

Variation:
1. For finger jello, increase Agar by 1/2 tsp. and gelatin by 1 1/2 tsp.
2. For a nice soft jello, use 1/4 tsp. Agar and 3/4 tsp. gelatin.

PINEAPPLE SNOW

6 C pineapple juice
3 tbsp. gelatin

Heat 1 C of juice to boiling. Soak gelatin in 1 C cold juice. Pour boiling juice over softened gelatin. Add to remaining juice. Chill until slightly thickened. Beat mixture until very fluffy. Add 2 beaten egg whites and one can pineapple chunks. Mix thoroughly and pour into bowl and let set until firm. Garnish with pineapple chunks.

Variation: Egg whites may be omitted. Other fruits and juices or puree's may be used.

PRUNE WHIP

1 C nut milk
3 C prunes or other dried fruits
1 tbsp. sesame seeds
1 tbsp. carob
Soak fruit in a small amount of water before hand as it will blend nicer. Whirl in blender until smooth. Put in custard cups and chill. Sprinkle with toasted sesame seeds.

PUMPKIN PUDDING

Crumbs:
1 1/4 C rolled biscuit or bread crumbs
2 tbsp. liquid honey
1/3 C butter or nut butter
Mix and reserve some for garnish. Rub dish with cold water so the crumbs will hold to the sides.
Heat:
3 C milk or substitute
1/4 C honey
While the above is heating, stir together:
3 egg yolks
1 C water or milk
5 tbsp. cornstarch or other thickener
Add to the heated ingredients and boil until thick. Add:
1 tsp. vanilla
1 C mashed pumpkin
1/2 C coconut (optional)
Beat egg whites and gently fold in. Sprinkle with remaining crumbs.
Variations:
1. Brown the crumbs slightly before putting the filling in to deepen the flavour.
2. Add 1 tbsp. honey to the egg whites and put on as a meringue and brown slightly in oven.
3. Do not separate eggs.
4. Add 1 tsp. each cinnamon and allspice to pumpkin.

It is much easier to be critical,
than to be correct.

QUICK AND EASY DESSERT

Cook any amount of whole grain flakes - oat, barley, wheat or rye, in water or fruit juice. When cool add: sliced apples, or any other fruit desired, raisins, nuts, nut butter, granola, carob, vanilla, maple syrup or honey (optional). Add nut milk or fruit juice to make the desired consistency. This is very tasty, simple and a good way to use up cold leftover breakfast porridge. Whipped cream or nut cream are also a nice touch.
Variation: Rice may be used in place of flakes.

QUICK APPLE BUTTER WHIP

1/2 C apple butter
1 egg white
Beat egg whites until stiff and fold in apple butter. Chill before serving.

RHUBARB DESSERT

10 C rhubarb, fresh or frozen
1/2 tin frozen orange juice, undiluted
6 C pineapple juice (48 oz)
4 C water
1 C minute tapioca
Cook. This is quite thick when cool. This can be used as a dessert with a crumb base or as a pie filling.

RHUBARB TAPIOCA

2 qt. rhubarb, cooked
1 - 2 qt. strawberries, frozen or canned
1 pt. huckleberries or elderberries, cooked
Drain juice off of the fruit and bring juice to a boil. To every 4 C of liquid add 3 heaping tbsp. granular tapioca. Add more water or fruit juice if more liquid is desired. Cook until tapioca is clear. Add to fruit and chill.
Variation: Add up to 2 C pineapple if your rhubarb hasn't been canned with it in.

God sometimes puts us in the dark to prove that He is the light.

SNOW FLAKE

Yellow part:
3 C apple juice, water or milk
6 tbsp. barley or rye flour
3 egg yolks
1 tsp. natural lemon extract
2 tbsp. honey (omit if using fruit juice)
Cook until thickened. Pour into a medium sized bowl and let cool.
White part:
3 C water, pineapple or pear juice
6 tbsp. cornstarch or arrowroot flour
2 - 3 tbsp. honey (less if using fruit juice)
1 tsp. vanilla
Cook until thick and clear. Add vanilla. Let cool. Beat 3 egg whites until very stiff and add to cooled white part. Pour on top of yellow part and chill.
Note: For best results, add egg whites to cornstarch mixture only a few hours before serving to keep egg whites from getting watery. Instead of lemon flavour in yellow part, you can use lemon juice as part of the liquid amount.

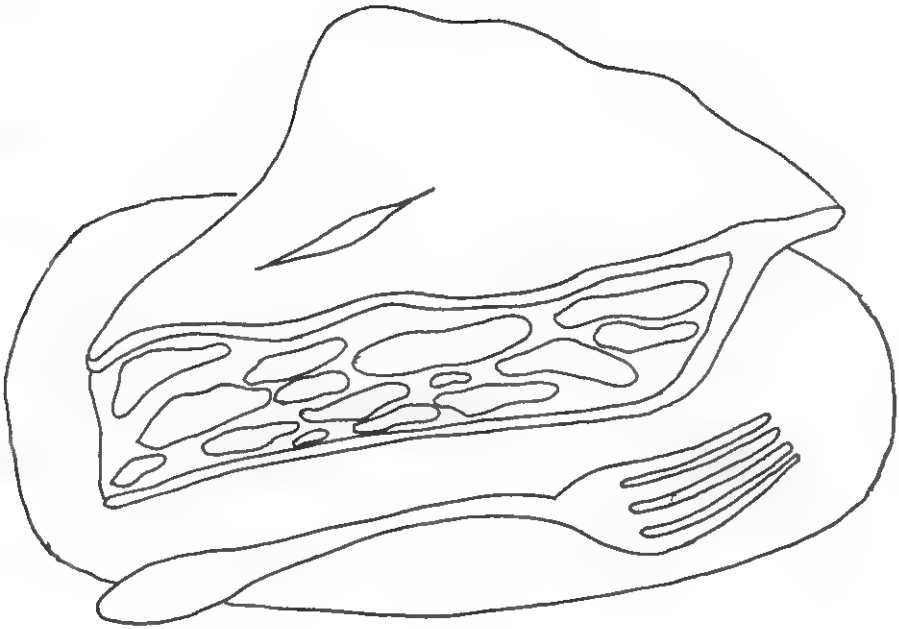
WEDDING PINEAPPLE TAPIOCA

4 C water or part pineapple juice
3 heaping tbsp. tapioca
4 C drained pineapple
Mix tapioca in 1 C cold water. Heat the remaining water or juice, add the tapioca, and boil until thick and clear. Other fruit like peaches and pears may be added if desired.

Friendly Words

If any little word of mine
Can make the heart the lighter
If any little song of mine
Can make a heart the brighter,
God help me speak that little word,
And take my bit of singing,
And drop them in some lonely heart,
To set its echoes ringing.

Pies



PIES WON'T KEEP

Making pies may take some effort
But most men agree
That a pie is much more tasty
Than any cake can be.
If the crust is thick and flaky
And the filling deep,
Where you have men and children
Pies will never keep!

Some pie fillings can be used for tarts and some fillings are nice as dessets.
For a quick dessert for a large crowd, you can put your crust on a cookie sheet and use the vanilla pie or pumpkin pie filling on top. Bake and cut into squares. (Double or triple recipe accordingly.)

CRUSTS

BARLEY OAT PIE CRUST

1 C barley flour
1/2 C oat flour
1/3 C oil
4 tbsp. ice water
Note: You may use 1 1/2 C whole wheat flour instead of the barley and oat flour.
Sift dry ingredients into bowl. Mix oil and ice water. Add liquid to dry ingredients. Using a fork, stir until a ball is formed. Press into pie plate or roll out as best as you can and press into pie plate. Pressing is easier than rolling out but won't produce as thin a crust.

BARLEY PIE PASTRY

2/3 C barley or rye flour
1 tbsp. soy flour (optional)
1 tbsp. oat bran
1/4 C water
3 tbsp. oil
1/3 tsp. sea salt
Stir barley flour, soy flour, oat bran and salt. Beat water and oil together to emulsify. Add slowly to dry ingredients while stirring with a fork. Mix until evenly moistened. Gather into a ball. Knead lightly. Flatten and place in pie plate and press into shape with fingers.

BASIC PIE CRUST

1 tbsp. margarine
1 C flour (barley, rye, oat, rice, millet, wheat)
1/4 tsp. baking powder
1 egg
2 tbsp. cold water (approx.)

BASIC PIE CRUST (CONT'D)

Cut margarine into dry ingredients. Add beaten egg and water last. Press into pie plate or roll between waxed paper. You may have to keep your fingers dusted with flour while pressing dough in pie plate.

BASIC WHOLE WHEAT PIE CRUST

1 1/4 C stirred whole wheat flour
3 tbsp. butter
3 tbsp. oil
2 tbsp. ice water
pinch of salt (optional)
Measure flour into bowl, add butter, and cut into flour with fork. Add oil slowly and continue to mix until you can gather into a ball. Press into pie plate. Bake at 350 F.

COCONUT PIE CRUST

1 1/4 C coconut
1 tbsp. arrowroot flour
4 tbsp. water
Press into pie shell and bake lightly. Chill thoroughly before filling with pie filling. This crust is good with cream pie fillings.

COOKIE DOUGH PIE

(Makes 2 pies)
1/4 C honey
4 tbsp. soya milk
2 tsp. baking powder
1 tbsp. oil
1 egg
3/4 c barley flour
Beat everything together. This dough can be put in bottom of pie shell and baked then later put boiled filling on top. You can also put a fruit filling or raisin filling in the bottom of the pie plate and pour the cookie dough on for the topping.

A hint for achieving happiness: Be grateful for what you have, instead of regretful about what you do not possess.

CRUMBS FOR PIE TOPPING

1 C flour
1 C oatmeal
2 tsp. baking powder
1/2 tsp. soda
1/4 C oil with 1 tbsp. honey mixed in.
Mix together and use as pie topping.

CRUNCHY GRANOLA PIE CRUST

3/4 C granola
1/4 C barley flour
2 tbsp. margarine or butter
2 tbsp. water
Mix together for 1 pie crust.

MY FAVOURITE PIE PASTRY

1/2 C rye flour
1/2 C barley flour
1/3 C margarine or oil (scant)
2 tbsp. ice water
Mix together.

NUT PIE CRUST (#1)

1 1/2 C ground nuts
1 1/2 tbsp. honey
2 tbsp. nut butter, margarine or butter
Blend ingredients with fingers. Press into buttered 9" pie plate. Bake at 400 F for 6-8 minutes. Cool before filling.

NUT PIE CRUST (#2)

2 tbsp. nut butter
1/4 C coconut
1/4 C almonds or other nuts
3/4 C oatmeal
1/4 C prune puree or honey (optional)
1/4 C sunflower or sesame seeds
1/2 tsp. vanilla (optional)
Put dry ingredients in blender until fine. Pour into bowl and add vanilla, nut butter and prune puree. Mix and press into a pie plate. Bake with or without filling.

OATMEAL PIE CRUST (#1)

1 1/2 C fine oatmeal
3/4 C pear or apple sauce
Mix. Press into an oiled pie plate. Bake. May also be used unbaked or frozen to be used later.

OATMEAL PIE CRUST (#2)

1 C oatmeal
1/2 C wheat germ
1/8 C honey
4 tbsp. oil
Few drops water
Mix. Add enough water drops to make dough form into a ball. Press into a pie plate. Bake. May be used baked or unbaked.

RICE KRISPIE PIE CRUST

2 C rice krispies
1/4 C honey (or less)
1/2 C peanut or other nut butter
Mix and press into a pie plate or muffin tins. Fill with ice cream, etc.

RICE PIE CRUST

1 C soaked rice flour (1 C rice flour and 1/2 C water and soaked overnight)
3 C oat flour
2 C barley flour
3/4 C margarine
Knead together and roll for pie.

RYE PIE DOUGH

1 tbsp. margarine or oil
1 C rye flour
2-3 tbsp. cold water (approx.)
1/4 tsp. baking powder or soda
It is important to mix rye pie dough only until barely mixed or it will become hard when baked. Press into pie plate.
Note: This recipe works well for rice, oat, barley, wheat and millet flours as well.

TART SHELLS

1/2 C shortening or margarine
1 tbsp. honey (optional)
1 egg
1 3/4 C flour (whole wheat or barley)
1/4 tsp. baking powder
Chill and roll. This can also be used for pie dough.

WHEAT AND OAT PASTRY

1 C stirred oat flour
1 C stirred whole wheat flour
1/2 tsp. salt
1/4 C oil
1/2 C water
Blend flours then add liquid and mix just until blended. Press into oiled pie plate.

PIES

AMISH DORTA PIE
(Traditional Wedding Pie)

Pastry:
3 C barley flour
2 tbsp. maple syrup
1 C butter
1 egg
Nut milk
Roll out pie crust and fill with:
3 C apple sauce
1/2 C raisins
1/2 tsp. cinnamon
1/2 tsp. nutmeg
Mix together and pour in pie shell. Criss cross pastry strips in lattice effect over apple mixture and brush with egg whites. Bake at 400 F for 10 minutes then 325 F until lightly browned.
Note: You can cook 1/2 C large raisins in 1/4 C water and when pie is baked, place raisins in each hole of the criss cross strips.
Variation: 1 C raisins and 1 C applesauce or
1 C rhubarb and 1 C pineapple

Live to do good
and you will never tire of your employment.

APPLE BUTTER CAKE PIE

1 egg
1 C flour
1/2 C nut milk or substitute
1 tsp. soda
1/2 tsp. baking powder
1/4 C apple butter
2 tbsp. margarine or oil
1 tsp. vanilla
Mix and pour into pie shell. Bake.
Variation: For plain cake pie, omit apple butter and add 2 tbsp. honey and spices or lemon.

APPLE BUTTER CUSTARD PIE

2 1/2 cups nut milk
1/2 C apple butter
5 tbsp. barley flour
1/2 tsp. soda
1/2 tsp. nutmeg
Mix and pour into pie shell and bake.

APPLE CUSTARD PIE

2 C apple sauce
1 tbsp molasses (optional)
2 tbsp. melted margarine
2 eggs, separated
Add molasses, melted margarine and egg yolks to apple sauce. Mix well. Beat egg whites until they stand in peaks. Fold into apple mixture. Bake at 350 F for 35 minutes.
Variation: Peach or pear puree is great, too.

APPLE PIE

4 C sliced apples
1 C apple juice or less depending on the juiciness of apples
1 tbsp. barley flour or cornstarch or minute tapioca
1 tsp. fennel seeds or cinnamon
1 tsp. lemon juice (optional)

A man can't stumble when he is on his knees.

APPLE PIE (CONT'D)

Toss apples with flour and cinnamon. Pour into crust. Add apple juice and bake.
Variations: Top with second crust.
Top with crumbs made with:
1 C oatmeal
1/2 C barley flour
1 tbsp. honey
1 tbsp. butter or margarine
1/2 tsp. cinnamon

BACK WOODS PIE

3 egg separated
2 tbsp. barley flour
1 1/2 C nut milk
2 tbsp. margarine or oil
2-3 tbsp. honey
1/2 tsp. nutmeg
Add stiffly beaten egg whites last. Pour into unbaked pie shell and bake.

BANANA BLISS PIE

Crust:
1/4 C sunflower seeds
1 C almonds
1/2 C coconut
Blend above in blender. Put into bowl and add 2 tbsp. nut butter. Press into pie plate and brown lightly in oven if desired.
Filling:
1 tbsp. vanilla (optional)
1/4-1/2 C prune puree or nut milk or substitute
1/2 C oil
1/4 C honey (optional)
3-4 bananas
3-4 hard boiled eggs, peeled
Blend first four ingredients. Add bananas and eggs. Blend until smooth. Pour into crust and refrigerate. Very good. Sprinkle with ground nuts or coconut.

When the outlook gets dark,
try the uplook.

BANANA CREAM PIE

Crust:
2 tbsp. almond butter
1/4 C coconut
1/4 C almonds or other nuts
3/4 C rolled oats
1/4 C prune puree or honey (optional)
1/4 C sunflower or sesame seeds
1/2 tsp. vanilla (optional)
Blend dry ingredients in blender until fine. Pour in bowl and add prune puree, vanilla and nut butter. Mix and press into pie plate.
Filling:
4-5 bananas
3 eggs
1/2 C prune puree or honey (optional)
1 tsp. vanilla
1 1/2 C milk or substitute
Blend all ingredients until smooth and creamy. Pour mixture over crust. Bake at 300 F for 60 minutes or until knife comes out clean when inserted. You can sprinkle with coconut before baking if desired.

BANANA NUT CREAM PIE

1 C boiling water
9-12 dates
1/2 C soaked almonds
1 tsp. vanilla
3 tbsp. cornstarch or other thickener
Pour boiling water over dates and let soak in blender jar. Add remaining ingredients and blend. Pour into saucepan and add 1 C water. Cook until thickened. Slice a layer of bananas into a baked pie shell. Add nut filling. Garnish with coconut, berries or cherries.
Variation: Omit almonds and substitute milk for water.

BASIC BAKED FRUIT PIE

1 C fruit juice
2 tbsp. barley flour or 1 1/2 tbsp. tapioca
1 tbsp. honey (optional)

BASIC BAKED FRUIT PIE (CONT'D)

Mix and pour 2 C fresh, frozen or drained canned fruit. Cover with a top crust or cut dough into 1/2" strips and criss cross over top of pie or cover with crumbs. Bake until brown and thickened.
Note: Liquid and thickener may vary slightly according to juiciness of the fruit.

BREAKFAST PRUNE PIE

3/4 C pitted prunes
1/3 C pitted dates
1 1/3 C apple juice
1/2 tsp. vanilla
1/4 tsp. sea salt
2 tbsp. lemon juice
Blend all ingredients in blender until smooth. Pour into baked pie shell.

BUTTERMILK PIE

2 1/2 C buttermilk
2-3 tbsp. honey
1 egg
1/2 tsp. soda
3 tbsp. barley flour
Cinnamon and nutmeg to taste
Pour into unbaked pie shell and bake until set.

BUTTERSCOTCH RHUBARB PIE

4 tbsp. honey
3 tbsp. butter or margarine or oil
1 1/2 tbsp. flour (barley)
3 egg yolks
2 1/4 C fresh or frozen rhubarb
Put rhubarb in bottom of unbaked pie shell. Mix other ingredients adding beaten egg whites last. Pour over rhubarb and bake.

The place to improve the world is first one's own heart, head and hands and then work outward from there.

CAKE TOPPED FRUIT PIE

1 C raw fruit
1 tbsp. honey (optional)
water to barely cover the fruit
Put above into an unbaked pie shell.
1/4 C oil
2-3 tbsp. honey
1 egg
1 C flour
1 tsp. baking powder
1/4 C nut milk
Mix together and place on top of fruit. Bake.

CAROB PIE FILLING

3 C water or nut milk or substitute
6 tbsp. barley or 7 tbsp. rice flour
1 tbsp. carob powder
1 tsp. vanilla
2 tbsp. maple syrup
Bring 2 C liquid to a boil. Use remainder cup of liquid to moisten dry ingredients. Add boiling liquid and stir until thickened. Add vanilla. Pour into baked pie crust. You can top with meringue and bake until brown, or top with nut cream, coconut cream or whip cream before serving.
Variation: Sprinkle with coconut, nuts or raisins while still hot. You can also blend all ingredients and add 1/4 C dates instead of other sweeteners. Cook.

CINNAMON BREAD PIE

3 or 4 slices of bread chopped in small pieces
2 tbsp. flour
3-4 tbsp. honey
2 C nut milk (approx.)
Sprinkle flour in bottom of pie shell. Put bread pieces next. Drizzle with honey. Pour milk in pie until 3/4 full. Sprinkle with cinnamon. Bake. Best served warm out of the oven.
Variation: Use rice cakes instead of bread crumbs.

Your roses may have thorns, but don't forget, your thorns may have some roses, too.

COOKED FRUIT PIE FILLING

1 C fruit juice
3 tbsp. cornstarch
or 1 1/2 tbsp. arrowroot flour
or 1 1/2 tbsp. tapioca
or 2 tbsp. barley flour

Bring 1/2 C fruit juice to a boil. Stir other 1/2 C with thickener. Pour into boiling juice and stir until clear and thick. Remove from heat. Add 2 1/2 C fresh, frozen or drained canned fruit of your choice. Add 1 tbsp. honey if desired. Pour into baked pie shell.

Variation:
1. For cherry pie add 3 drops almond flavouring.
2. For peach pie use 1 C orange juice.
3. For rhubarb pie use pineapple juice.
4. For strawberry pie use apple juice.
5. For blueberry pie add 1 tbsp. lemon juice to liquid.

COOKED PIE FILLER

When sweetening with honey, add the honey before the thickener.

CORNMEAL PIE (OR TARTS)

4 eggs slightly beaten
1/4 C cornmeal
2 tbsp. margarine or oil
1 C raisins or nuts or 1/2 of each
1/2 C cream or nut milk or substitute
2 tbsp. honey

Mix and pour into unbaked pie shell. Bake.

CREAM PIE

2 C nut milk
2 tbsp. honey
2 egg yolks
4 tbsp. rye flour
or 3 tbsp. cornstarch
or 1 1/2 tbsp. arrowroot flour
or 5 tbsp. rice flour
1 tbsp. butter or margarine (optional)
1 tsp. vanilla

Heat 1 C milk. Mix rest of the milk, egg yolks and flour. Add to heated milk. Boil until thick. Add vanilla and butter. Pour into baked pie shell. Top with meringue made from 2 egg whites and 1 tbsp. honey. Bake 10 minutes at 350 F to brown meringue.

Variation:
1. For coconut cream add 1 C coconut
2. For butterscotch cream add butterscotch extract
3. For apricot cream cut up dried apricots and flavour with orange flavouring
4. For date cream, cook 1 C chopped dates and 1/2 C water until water is absorbed. Stir into cream filling.
5. Whole eggs may be cooked into cream filling and omit meringue.
6. Beat egg whites until stiff and fold into date filling.
7. For carob cream, add 1/4 C carob powder to dry ingredients.

CUSTARD PIE

4 eggs, beaten
2 tbsp. honey
1 tsp. vanilla
2 C nut milk

Mix and pour into unbaked pie shell. Bake 30-40 minutes at 350 F. It should be removed from the oven when the custard is set but still soft in the centre. It will set after it is out of the oven.

Variation:
1. For coconut custard pie, add 1/2-1 C coconut before baking.
2. For fruit custard pie add 1/2-1 C fresh or canned fruit, dried fruit or nuts before baking.
3. Separate 2 of the eggs and beat the whites stiff and add last.

DATE PUMPKIN PIE

1 C water or fruit juice
2/3 C dates, chopped
2 C cooked mashed pumpkin (should be very thick)
1 tsp. vanilla
1/4 tsp. each of cinnamon, ginger, cloves
1 C soya milk or substitute

Cook chopped dates in water. Mash until smooth. Add pumpkin. Fold in soya milk and vanilla. Fill unbaked pie shell. Bake 350 F, 30-40 minutes. Should be set and slightly browned.

DUTCH APPLE PIE

Dough:
2 tbsp. barley flour
1 C sour cream or nut or soy milk with 1 tbsp. lemon juice added to make it sour. Let it sit for 5-10 minutes.
1 tsp. vanilla
2 tbsp. honey
1/2 tsp. nutmeg
1 egg unbeaten
Mix and stir in 2 C diced apples. Pour into pie crust and bake at 350 F for 30 minutes. Then top with :
Spicy Topping
1 tsp. cinnamon
1/2 C flour
1 tbsp. honey
1 tbsp. butter or margarine
Mix until crumbly. Sprinkle on top of apples and bake until brown.
Variation: Topping may be omitted if desired.

EGGLESS CARROT PIE

2 C carrots or pumpkin cooked and mashed
2 C nut milk
4 tbsp. flour (barley, soy or oat)
or 2 tbsp. arrowroot flour
2 tsp. allspice
2 tbsp. honey or maple syrup
1 tsp. vanilla
Mix and pour into unbaked pie shell. Bake at 300 F for 1 hour.
Variation: Sprinkle bottom of pie crust with a few dates before putting pumpkin mixture on top.

EGGLESS PUDDING AND PIE MIX

2 1/2 C nut milk or substitute
5-6 tbsp. brown rice flour
2 tbsp. honey
1 1/2 tsp. vanilla
dash of cinnamon
Cook until thickened. Cool. Fruit and flavour combinations are limited only by your imagination. Use as a dessert or pie filling.

ELDERBERRY CUSTARD PIE

2 C elderberries
2 heaping tbsp. barley flour
2-3 tbsp. honey
1 or 2 eggs, separated
1 C milk or substitute
Mix and add beaten egg white last. Pour into 9" pie crust. Bake at 350 F for 30 minutes.

FALSE MINCE PIE

1/4 C vegetable oil or butter
1/3 C dark maple syrup
2 C water
2 tbsp. lemon juice
1 C raisins or 3/4 C dried currants
1 C diced bread pieces
1 tsp. each of cinnamon, cloves, nutmeg, allspice
1/4 C oatmeal
3 apples unpeeled and diced
Mix and pour into 9" pie pastry.
Variation: omit bread pieces, oatmeal and apples and use 3 eggs instead.

FLOATING ISLAND LEMON PIE

Juice:
1 egg
1 C water
2-3 tbsp. honey
2-3 tbsp. realemon or 1/2 of a fresh lemon, rind and juice
2 tsp. barley or oat flour
Dough:
1 tbsp. sweetener (honey, maple syrup, raw sugar) omit if using fruit juice
2 tbsp. oil
1 C barley flour
1 tsp. soda
1/2 C nut milk or substitute

The greatest thing in the world is not so much where we stand as in what direction we are moving.

FRESH APPLE PIE

2 C juice
4 tbsp. tapioca
Cook until clear. Cool slightly and add 2 C fresh shredded apples. Chill.

FRESH STRAWBERRY RHUBARB PIE

2 1/2 C chopped rhubarb
1 C apple juice
1 package unflavoured gelatin
1 tbsp. honey
2 C whole strawberries
9" baked crust
Place rhubarb and apple juice in saucepan and bring to a boil. Simmer until rhubarb begins to soften, about 5 minutes. Sprinkle gelatin on rhubarb sauce and add honey and simmer 5 minutes. Remove from heat. Allow to cool slightly. Stir in strawberries. When mixture begins to gel, pour into baked crust. Chill before serving.

FROZEN BANANA PIE

Crust:
Soaked almonds, cashews, dates and raisins, blended or chopped fine. Press into pie plate and freeze.
Filling:
Freeze the banana's overnight (very ripe or over ripe banana's are best) and when you are nearly ready to serve your dessert, put the frozen banana's through your juicer or blender to make them smooth and creamy. Fill crust. Serve with almond cream(blended soaked almonds and water to make a thick cream).
Variation: Make a mixture of blended coconut and soaked almonds and put a layer of this on the crust before banana filling.
Use your favourite oatmeal or nut crust instead of dates and raisins if it is too sweet for you.
You can also use a flan cake for the bottom and fill with frozen banana filling.

Ah, thats the reason a bird can sing,
On his darkest day,
He believes in spring.

FRUIT JUICE PIE

Juice:
2 1/4 C apple juice
1 1/2 tsp. grated dried orange rind
1 tbsp. cornstarch
Crumbs:
1 C barley flour
1/4 tsp. soda
1/2 tsp. baking powder
3 tbsp. oil
2 tbsp. honey
Put crumbs on top of juice in unbaked pie shell and bake.
Variation: You can use part orange juice instead of all apple juice.

FUNNY CAKE PIE

Dough:
1 egg
1 C barley flour
1/2 C nut milk or substitute
1 tbsp. honey
1 tsp. baking powder
1/2 tsp. soda
1/2 tsp. vanilla
2 tbsp. margarine or oil
Juice:
2/3 C hot water or part fruit juice
4 tbsp. carob powder
1/2 tsp. vanilla
2 tbsp. honey
Put juice into bottom of pie shell. Pour dough over top. Run your finger through dough a few times to slightly marble the juice through the dough. Juice will not run over while baking this way.

When you have troubles, remember the tea kettle; it may be up to its neck in hot water, but it still continues to sing.

GOLDEN PINEAPPLE DREAM PIE

1 envelope (1 tbsp.) unflavoured gelatin
1/4 C cold water
4 egg yolks
1 tsp. cornstarch or clearjel
1 20 oz. can unsweetened crushed pineapple, drained and juice reserved
3 egg whites
1 9" baked pie shell
2 tbsp. toasted unsweetened coconut

Soften the gelatin in the water. In a medium size saucepan, beat the egg yolks until light and fluffy and add the cornstarch, 1 C of the reserved pineapple juice and softened gelatine. Cook over low heat, stirring constantly until thickened. Set aside to cool. Fold the pineapple into the custard mixture. Beat egg whites until they form soft peaks. Fold the whites into the fruit mixture. Pour into the pie shell. Refrigerate until set. Garnish with coconut if desired.

Variation: You can add the pineapple and stiff egg whites to the hot custard mixture.

IMPOSSIBLE PIE

4 eggs
1/2 C margarine
1/2 C flour of your choice
2 C milk
1 C coconut (unsweetened)
2 tsp. vanilla
Pinch of nutmeg
2 tbsp. honey (optional)

Mix all ingredients thoroughly in blender or by hand. Pour mixture into a greased pie plate. Bake at 350 F for about an hour or until the centre tests firm. The flour will settle to form a crust, the coconut forms a topping and the centre is an egg custard filling.

JEWELLED RASPBERRY PIE

3 C raspberries
9" baked pie crust
2 C apple juice or pineapple juice
2 heaping tbsp. agar agar flakes or
1 tbsp. gelatine

Put fresh or frozen raspberries in baked crust. Heat apple juice and add gelatine. Cool and pour over raspberries.

KNOW NOTHING PIE

2 C nut milk or part apple juice
3/4 C sour milk cream or substitute
4 tbsp. barley flour
1 tsp. baking powder
1/4 tsp. soda
1 egg
2 tbsp. honey
Mix well. Pour into pie shell and bake.

LEMON FLUFF PIE

Filling:
4 eggs (separated)
4 tbsp. hot water
Juice of 1/2 lemon and rind, or 2-3 tbsp. realemon
2 tbsp. honey
Cook in double boiler until thick. Add 2 tbsp. honey to stiffly beaten egg whites and fold into cooked mixture. Put into baked pie crust and brown in oven at 350 F. Pie will be very full to start with but will shrink a lot after baking.

LEMON MERINGUE PIE

2 C water
2 1/2 tbsp. arrowroot flour or 1/2 C barley flour
2-3 tbsp. maple syrup
Juice of half lemon and rind or 1/4 C realemon
1 tbsp. butter or margarine (optional)
3 eggs separated
Combine arrowroot flour and 1/2 C water. Bring remaining water and honey to a boil. Add arrowroot mixture and boil until thick. Add egg yolks and boil 1 minute longer. Add lemon juice and butter. Pour into baked crust and top with meringue make from stiffly beaten egg whites and 1 tbsp. honey. Bake until meringue is golden.

Patience is to idle the motor,
when you feel like spinning the wheels.

MERINGUE FOR PIES AND DESSERTS

2 egg whites
1 tbsp. honey
1/2 tsp. cream of tarter
Beat egg whites until thick and creamy. Gradually add honey and continue to beat to stiff peaks. Add cream of tarter. When spreading meringue on top of pie make sure to seal it to the edges of the crust to prevent shrinkage. Pop pie in oven at 425 F for 5 minutes or until lightly browned.

MEXICAN DATE PIE

2 C chopped dates cooked in 1 C water until water is absorbed. Line pie shell with date mixture. Pour filling over dates.
Filling:
1 C nut milk
2 egg separated
Beat egg whites until stiff and add to milk and yolks. Or bake pie without egg whites then make a meringue with the egg whites and 1 tbsp. honey and put on pie when pie is almost done baking and then brown.
Variation: Sprinkle dates into bottom of pie shell without cooking and pour filling on top. Omit water. Pie will be dryer this way.

MOCK LEMON PIE FILLING

2 1/2 C pineapple juice
3 tbsp. realemon
pinch of salt
4 tbsp. cornstarch
3/4 C water
Bring juice and salt to a boil. Add water and cornstarch and mix. Cook until thickened. Pour into pie or tart shells and garnish with coconut or "coconut creme".

MOM'S PUMPKIN CREAM PIE

1 3/4 C pumpkin, cooked and mashed
2 eggs, beaten
1 C sour milk or substitute
2-3 tbsp. honey
2 tsp. allspice
1 tsp. vanilla

Mix and pour into shell. Bake at 350 F until set.
Variation: Before serving, top with:
Praline Topping
2 tbsp. melted butter
2 tbsp. honey
1/2 C chopped pecans
Mix and sprinkle over pie. Place under broiler until top is bubbly, about 1 minute. Serve immediately.

MOM'S PUMPKIN PIE

1 C pumpkin, cooked and mashed
2-3 tbsp. honey
3 tbsp. flour
1/2 tsp. vanilla
2 1/2 C nut milk or substitute
2 egg separated
Beat egg whites and add last. Sprinkle cinnamon on top. Bake at 350 F until done.
Note: To give a deeper, richer flavour, when using cow's milk, scald first.

MONTGOMERY PIE

Juice:
1 C water or fruit juice
1 egg
1 tsp. cloves
1/2 tsp. cinnamon
1 tbsp. flour
2 tbsp. honey (if using fruit juice, then cut down on the sweetener)
Dough:
1 egg
1/2 C sour milk or substitute
1 tbsp. honey (omit if using fruit juice)
2 tbsp. margarine
1 tsp. soda
1/2 tsp. vanilla
1 C barley flour
Put dough in bottom of pie shell. Pour juice on top and bake.
Variation: Apple Butter Pie
Substitute 1/2 C apple butter for honey and omit spices. In the dough, replace equal amount of apple butter for honey.

PEANUT BUTTER PIE FILLING

Mix 3/4 C barley flour
2 tbsp. maple syrup or honey
5-6 tbsp. peanut butter
Mix until crumbly. Sprinkle 2/3 of crumbs into baked pie shell.
Mix:
4 tbsp. barley flour
2 C nut milk
2 tbsp. honey
2 egg yolks
Cook until thickened.
Add:
1 tsp. vanilla
1 tsp. butter (optional)
Pour over crumbs in pie shell. Beat 2 egg whites until stiff and add 1/4 tsp. cream of tarter. Pile on pie. Sprinkle with remaining crumbs. Bake in oven until brown.
Variation: You can fold egg whites into boiled mixture and put in bowls as a dessert.

OATMEAL NUT PIE

2 eggs slightly beaten
1/2 C nut milk or substitute
1/2 C chopped nuts
1 tsp. vanilla
3/4 C oatmeal
2-3 tbsp. honey or maple syrup
1 C apple juice
1/4 C oil (optional)
Bake at 350 F.

OLD TIME BUTTERMILK RIVEL PIE

2 1/2 C barley flour
1/4 C margarine
1/4-1/3 C honey
Mix to make crumbs. To 1/2 C of the crumbs add:
1 1/3 C buttermilk or sour milk
1 tsp. soda
1/2 tsp. vanilla
Mix and pour into unbaked pie shell. Sprinkle with remaining crumbs. Bake.

PEACH PIE

2 C unsweetened peaches (raw or canned)
1 egg
1/2 C cream or substitute or 1/4 C peach or other fruit juice and 1/4 C cream
1 tsp. honey (omit if using fruit juice)
1 tbsp. barley flour
Pour into pie shell and bake.

PECAN RAISIN PIE

Crust:
1/2 C barley flour
3/4 C wheat germ
1/2 tsp. cinnamon
2 tbsp. carob powder
1/4 C soy oil
1/4 C butter or margarine
Combine dry ingredients and add butter and oil. Toss and press into pie plate.
Filling:
1 C raisins
1 C chopped pecans
1/4 C melted butter
3 eggs
1/4 C honey (or less)
1 tsp. vanilla extract
Place raisins and pecans on bottom of shell. Combine other ingredients in blender. Pour into shell and bake 30-40 minutes at 350 F.

PUMPKIN PIE

1/2 C almonds or cashews (pre-soaked)
1 C water
1/4 C honey
1-2 tbsp. cornstarch
1 tsp. vanilla
1 tsp. cinnamon
1/2 tsp. ginger
3 C pumpkin
Blend all ingredients but pumpkin in the blender with a 1/2 C water. When smooth, add pumpkin and remaining water. Pour into sauce pan and cook until thick. The amount of thickener depends on how thick your pumpkin is. Pour into a baked pie shell and garnish with coconut.

Variation: This could also be used as a pumpkin dessert with a crumb base and topping.

RAISIN CRUMB PIE

1 C raisins or currants
3/4 C water
Boil and simmer 5 minutes. Remove from heat and cool.
Crumbs:
1 C oat flour
1 tsp. baking powder
1/4 tsp. soda
2 tbsp. shortening with 2 tsp. sorghum syrup
Make crumbs, set aside 1/2 C for topping then add :
2 eggs, beaten
1/2 C water
Pour raisins into unbaked pie crust. Pour dough over raisins and top with crumbs. Bake at 350 F for 30 minutes.

RAISIN PIE FILLING

2 1/2 C water
1 1/2-2 C raisins
Boil slowly for 15 minutes
Add:
1 1/2 tbsp. barley flour
1/2 tbsp. butter or margarine
2 egg yolks
Cook until thickened. Pour into baked pie crust. Top with meringue made from stiffly beaten egg whites with 1 tbsp. honey or molasses added. Bake until brown.

RASPBERRY CUSTARD PIE

1/2 C fresh or frozen raspberries
Place in an unbaked pie shell.
Beat together:
2 eggs
1 1/2 C milk
1 tsp. vanilla
1/4 tsp. salt
Pour into pie shell and bake until firm.

RHUBARB PIE

Place cut up rhubarb in an unbaked pie shell until almost full.
For every pie you are making mix:
1/4 C honey
1 egg
1 tbsp. barley flour
Top with crumbs.

SELF FROSTING LEMON PIE

4 C nut milk
4 egg separated
2 tbsp. flour
5 tbsp. lemon juice or juice of one lemon (add rind if desired)
2-3 tbsp. honey
Fold in stiffly beaten egg whites last. Pour into crust and bake.

SHNITZLY PIE

Place peeled and cored apple halves tightly together in a crust, cut side down until full. Make a cream mixture of :
1 C cream or substitute
2 tbsp. barley flour
2 tbsp. honey
Pour over apples. Sprinkle with cinnamon. Bake until apples are soft.

SHOE FLY PIE

Crumbs:
2 C barley flour
2 tbsp. honey
4 tbsp. margarine
Mix to make crumbs.
Juice:
1 1/2 C hot water
1/4 C honey
3/4 tsp. soda
1 tsp. vanilla
Mix juice and pour into pie shell. Put crumbs on top. Bake.
Variation: Use 1 C rice flour, 1 C oat flour and reduce margarine to 2 tbsp.

STRAWBERRY CORNSTARCH PIE

Put 1 C raw or frozen strawberries (drained) in the bottom of a baked pie shell. Cook a cornstarch pudding made with:
1 1/2 C nut milk
2 tbsp. honey or maple syrup
3 tbsp. barley flour
2 eggs
1 tsp. vanilla
Cool. Pour over strawberries in pie and top with 1 C strawberries.

UNBAKED RASPBERRY PIE

1 C raspberries
4 mashed bananas
1 C ground almonds or pecans
Mix and put into a baked or unbaked pie shell. Chill

VANILLA PIE

2 C water
4 tbsp. barley flour
2-3 tbsp. maple syrup
1 tsp. vanilla
Bring 1 1/2 C water to a boil. Combine the rest of the ingredients and pour into boiling water. Cook until thickened. Add vanilla. Pour into a lightly baked pie crust. Top with crumbs:
1/2 C barley flour
1/2 C oatmeal
1 tbsp. honey
2 tbsp. margarine
Rub into crumbs and sprinkle over filled pie. Bake until lightly browned.
Variation: Omit crumbs and let filling set without baking. Or do not cook filling in advance but put it into an unbaked pie shell. Top with crumbs and bake, but this tends to boil over sooner.

Give no more to every guest,
Than he is able to digest.
Give him always of the prime,
And but a little at a time

BANBURRY BUTTER TARTS

2 eggs
1/2 C maple syrup
1 tbsp. lemon juice (optional)
1/2 C melted butter or margarine
1 tsp. vanilla
1/2 C nuts (optional)
1/2 C raisins or currants (optional)
1/2 C chopped dates (optional)
Fill tart shells 3/4 full and bake.
Variation: Omit nuts, raisins and dates and use coconut instead.

BUTTER TARTS

1/3 C butter or margarine
1/3 C corn syrup
1 C raisins or nuts
1/4 tsp. nutmeg
2 eggs
3/4 tsp. vanilla
Mix and pour into tart shells. Bake.

CHERRY TARTS

2 C red sour cherries
1/2 C cherry juice
1/4 C honey
4 tsp. tapioca
1 tsp. lemon juice
A few drops of almond flavour
Combine and bring to a boil. Add lemon. Fill tart shells and bake.
Variation: You can use any fruit of your choice.

COCONUT TARTS

1 egg
1/4 C honey
1 C coconut
8 tbsp. cream or substitute
Mix and pour into tart shells and bake.

LEMON TARTS

1/3 C lemon juice
4 eggs
1/2 C margarine or butter
1 tsp. barley flour
1/2 C honey

MAID OF HONOUR TARTS

Shell:
1/2 C butter
1/3 C honey
1/2 C milk or subtitute
3 1/2 C barley flour (approx)
1 tsp. soda
Mix and roll out dough and cut in 3-4" squares. Put in muffin tins. Fill tart shells with any thick fruit filling. Do not cut off excess dough but turn in over the filling slightly. Put a dab of whip cream or almond cream on top before serving.

MAPLE BUTTER TARTS

6 tbsp. butter or margarine
1/2 C maple syrup
2 eggs, beaten
1 tsp. lemon juice (optional)
2/3 C walnuts
1/2 tsp. vanilla
Mix and fill tart shells and bake at 350 F for 20 minutes.
Variation: Add 4 tbsp. carob.

MOLASSES TARTS

1/2 C molasses
1 egg
1/2 C sour cream or substitute
1 C sour milk or substitute
2 tbsp. barley flour
1/2 tsp. soda
1/2 tsp. vanilla
Mix and pour into tart shells and bake.

CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism
He learns to condemn.

If a child lives with hostility
He learns to fight.

If a child lives with ridicule
He learns to be shy.

If a child lives with shame
He learns to feel guilty.

If a child lives with tolerance
He learns to be patient.

If a child lives with encouragement
He learns confidence.

If a child lives with praise
He learns to appreciate.

If a child lives with fairness
He learns justice.

If a child lives with security
He learns to have faith.

If a child lives with approval
He learns to like himself.

If a child lives with acceptance and friendship
He learns to have love with the World.

Canning and Freezing

PRESERVATION

What joy it is to gather in
The harvest from the field,
Preparing for the winter
Bounties which our gardens yield.
We clean and cut and cook things up,
Then package or preserve
To keep for winter days when we
Are glad such foods to serve.

APPLE BUTTER

13 gallons sweet cider stew
4 gallons apples
1 tbsp. oil of cinnamon
Heat cider and let cook until it is reduced by half. Pare and slice apples into eight's. Add half of the apples and cook until soft. Add remaining apples and cook until soft. Stir often. Cool a little of the butter and check to make sure it is the consistency you want. Remove from heat and add cinnamon oil and mix thoroughly.

APPLE CHUTNEY

10 C apples or pears, peeled and chopped
2 onions or part garlic
4 C apple or orange juice
2 C raisins
1/2 C lemon juice
4 tbsp. lemon rind
1 - 2 C honey or maple syrup
2 tsp. ginger
1 tsp. cloves
2 tsp. cinnamon
Place all ingredients in kettle and simmer until apples and onions are soft. Seal in jars or freeze. Serve with cold meats.

APPLE SYRUP OR MOLASSES

3 gal. apple juice
Boil until 228 - 230 F. It takes a while to become a syrup; as long as 7 - 8 hours of cooking. Pour into jars and seal. Use as a sweetener instead of honey or maple syrup. Makes about 3 1/2 pints.

AUNT LIZZIES SAUERKRAUT

Shred cabbage and loosely pack into jars. Poke handle of wooden spoon down the centre and add 1 tbsp. salt to each quart jar. Fill jar with boiling water and seal. Place on cellar floor and let ripen. This will be ready to use in 6 - 8 weeks.

BASIC TOMATO PASTE

This paste has many uses. For meats, casseroles, soups, noodles, salads etc., or to give other dishes extra flavour.
4 tbsp. oil (optional)
2 medium onions, minced
4 tsp. flour
6 lbs. tomatoes, peeled and chopped
2 tsp. honey (optional)
4 cloves garlic
2 tbsp. fresh or dried parsley, chopped
2 bay leaves
Sea salt to taste (optional)
Cook all ingredients together slowly until slightly thickened. Put in jars and seal or freeze.
Note: Onion may be omitted, but add more garlic.

BASIC FRUIT CANNING

Any fruits can be canned without any sweetener. Use ripe fruit and add only water.
Method #1 Cook fruit, then ladle boiling fruit into jars and seal.
#2 Pack fruit into jars, fill with water and steam quart jars in hot water bath for 15 - 20 minutes.
Note: Blueberries, sweet cherries and apple schnitz tend to spew juice out of the jar if filled with water before steaming. Try filling the jar only 1/2 full with water, or steam without water until tender. Then fill with boiling water and seal.

BEST TOMATO BUTTER

1 crock tomato juice
1/4 - 1/3 C lemon juice
4 large grape leaves
1/2 C honey (optional)
Boil for 1 hour. Remove grape leaves and add:
1/2 tsp. cloves
1/2 C cornstarch or flour
Bring to a boil and cook for 1/2 hour longer or until thick.

When making ketchup, add a few peeled beets to create a redder sauce.

CANNED BEET SALAD

20 C cooked diced beets
3 bunches celery
4 onions
Bring to a boil:
3 tbsp. cider vinegar
3 tbsp. lemon juice
2 C water
1/2 - 1 C honey
2 tbsp. salt
2 tsp. mustard
Add vegetables and boil for 30 minutes, stirring constantly. Put into glass jars and seal.
Variation: Omit cider vinegar and honey and use 1/2 C lemon juice.

CANNED BEAN SALAD

To each quart jar of cut yellow beans add:
1 tsp. salt
1 tbsp. cider vinegar or lemon juice
1 tbsp. honey
Fill jars with water. Steam 2 hours. When serving, leave the juice on and add your favourite salad dressing.
Variation: Drain beans before adding mayonnaise.

CANNED FRUIT SUPREME

1 qt. apple juice
2 C water
12 oz. pineapple juice
Mix and use as the liquid for canning any fruits.
Variation:
1. Place peach halves in jar and fill 2/3 with orange juice. Fill with water and cold pack for 15 - 20 minutes.
2. Use 1/2 C orange juice per jar.
3. Place pear pieces in jar and fill 2/3 with pineapple juice and fill with water, and cold pack for 15 - 20 minutes.
4. Mix 4 C pineapple juice to 3 C water. Stir and add to pears.
5. Make your own juice combinations using pineapple, grape, orange, peach and papaya juice, etc.
6. Add a handful of prunes per quart for apple "shnitz".
7. Add 1 or 2 pieces orange peel.

CANNED GRAPE JUICE #1

Put 1 C washed grapes in a qt. jar. Fill with boiling water and seal. Let sit several weeks before serving. Add 1/4 C honey if desired.

Variation: Use this recipe for other fruits such as currants and gooseberries, etc.

CANNED GRAPE JUICE #2

10 lbs. grapes, washed
1 C water

Combine and cook 10 - 15 minutes. Put through a sieve. Bring juice to a boil and can. Use in desserts or as a beverage.

CANNED RHUBARB WITH PINEAPPLE

Cut rhubarb into 1/2" pieces and let soak in water overnight. Drain. To every quart of rhubarb add a quart of unsweetened pineapple tidbits or crushed pineapple. Mix thoroughly. Put into jars and fill with water, apple juice or other fruit juices, if more liquid is needed. Steam 10 minutes.

Variation:
1. Add baking soda to neutralize the acid (this seems sweeter).
2. The drained water in which the rhubarb had soaked, can be used as a drink. Serve it by adding it to other fruit juices for a fruit punch. (Can it for future use.)
3. Omit pineapple and fill jar with 1/2 grape, orange, pinapple juice and 1/2 water.

CANNING RASPBERRIES

Place raspberries into a jar and fill with boiling water. Screw on lids. Place jar in hot water bath so that it is completely covered. Cover tightly and let sit overnight or steam 10 minutes.

CANNING FISH

1 gallon fish cut in 1 1/2" chunks
1 C chopped onion
1 C tomato juice
1 1/2 C vegetable oil
2 C vinegar or 1 1/2 C lemon juice
1 1/2 tbsp. salt

CANNING FISH (CONT'D)

Put ingredients into a roast pan. Mix and bake, covered, at 400 F until boiling, and then turn down to 300 F for 2 hours. Stir often.
Add:
1 - 2 C tomato soup, paste or juice (optional)
1/2 - 2/3 C ketchup
1 C oil
Bake another 2 hours. Put in jars and steam for 2 hours. Excellent mixed with mayonnaise for sandwiches.

CANNING VEGETABLES

Carrots, peas, and corn should be steamed for 3 hours. Beets only need 30 minutes if cooked and peeled previously. Steam beans for 2 hours. If you add 1/2 - 1 tsp.lemon juice per quart it will help to lesson the cooking time.

CATSUP

8 C tomato juice
2 tbsp. mustard
4 tsp. salt
1/2 C honey (or less)
2 garlic cloves, sliced
2 tsp. black pepper
2 tsp. all spice
Shake of cayenne
Boil one hour or until thickened. Taste and add more salt if needed.
Variation: Add 1 C cider vinegar or lemon juice.

CHICKEN AND NOODLE SOUP TO CAN

3 small chickens
1 qt. celery
1 1/2 qt. uncooked rice noodles
1 qt. potatoes
1 qt. carrots
1 onion or garlic
10 sprigs parsley
6 qt. water

CHICKEN AND NOODLE SOUP TO CAN (CONT'D)

Cook meat until tender and take off bones. Mix with cubed raw vegetables. Cook onion, parsley and celery in some broth. Strain through a sieve and mix broth with soup. Add noodles and can. Leave room for noodles to expand. Pressure cook at 10 lbs. for 1/2 hour.

CHICKEN SAUSAGE

32 lbs. ground chicken or turkey meat
12 C cooked potatoes
2/3 C sea salt
2 - 3 tbsp. black pepper
1 tbsp. ascorbic acid (vitamin C powder)
3 tsp. garlic powder (optional)
Approx. 3/4 lb. casings
Mash potatoes or put through a grinder. You can add some skins to the ground meat for a moister product (optional). After meat is stuffed into casings, put in jars and steam for 3 hours. Sausages can also be frozen. If meat is packed in jars, without casings, to use for slicing, add 10 tbsp. (scant) gelatin.
Variation: Add 4 - 6 C finely chopped fresh parsley and 4 tbsp. seasoned salt.

CHILI SAUCE

6 ripe tomatoes, peeled and diced
12 tart apples, peeled and cored
4 small onions
1 green or red pepper, chopped (optional)
1/2 C honey
2 C celery, chopped (optional)
1 tbsp. salt
1 tsp. each ginger and cloves OR 1 tbsp. pickling spices tied in a bag
3/4 C lemon juice (or less)
Boil and seal in jars.

The middle letter of pride is "I".

CORN AND CABBAGE SOURS

10 C corn
10 C cabbage
1/2 C honey
1 1/2 tsp. celery seed
3 tsp. salt
1 tsp. pepper
Boil 10-15 minutes in a lemon juice brine (see recipe under pickled vegetables.). Put in jars and seal.

CORN RELISH

4 C peeled, chopped tomatoes
2 1/2 C onions
2 1/2 C peeled, seeded cucumbers
Kernels cut from 6 large cobs of corn
1 bunch celery, chopped
1/2 - 1 C corn syrup or honey
1/2 - 1 C lemon juice or to taste
1 tbsp. salt
1 tsp. mustard
1 green or red pepper
1/2 tsp. curry powder
1/4 tsp. tumeric
1/2 tsp. white or black pepper
Cook 45 - 60 minutes.
Add:
1/2 C flour
1/4 C water
Mix and add to relish. Boil 5 minutes. Put in jars and seal.

CUCUMBER RELISH

6 large cucumbers, sliced and seeds removed, but do not peel
6 large onions, chopped
1 large bunch celery, chopped
2 - 3 red peppers, chopped

Troubles, like babies, grow larger by nursing them.

CUCUMBER RELISH (CONT'D)

Add 1/4 C salt to vegetables and let soak overnight. Drain.
Make a sauce of:
4 C water
1 C lemon juice
1 tbsp. celery seed or 1 tsp. ginger
2 tbsp. mustard seed or 1 1/2 tsp. tumeric
1/2 C honey
1/2 C flour
Boil one minute. Add vegetables. Boil 10 minutes. Seal.

DELICIOUS STRAWBERRY JAM

1/4 C fresh lemon juice
1 tbsp. unflavoured gelatin or 1/2 tsp. Agar Agar
1 tbsp. corn starch, arrowroot or potato starch
2 tbsp. sweetener
1 lb. partially thawed frozen strawberries or fresh mashed berries

In a medium saucepan, combine lemon juice, sweetener, gelatin and corn starch. Add strawberries and stir. Heat to a full boil. Boil 3 minutes. Remove from heat. Fill jam jars. Refrigerate.
Variation: Any kind of fresh, canned or frozen fruit can be used. Black currants and huckleberries are delicious done this way.

DIABETIC JELLY

1 tbsp. lemon juice (scant)
1 tsp. unflavoured gelatin or 1/2 tsp. Agar Agar
1 tsp. cornstarch, arrowroot or potato starch
Dash of salt (optional)
1 C unsweetened fruit juice
1 - 2 tbsp. honey
Combine all ingredients in a saucepan. Bring to a boil for 2 minutes, stirring constantly. Pour in a jar and seal. Yield 1 cup.
Variation: 1. 2/3 C beet juice with 1/3 C strong cherry, raspberry or grape juice may be used instead of fruit juice.
2 Use 1 1/2 tsp. gelatin instead of cornstarch.

DRIED APRICOT-DATE JAM

1/2 C dried apricots
1/4 - 1/2 C dates
1 C pineapple juice or water

DRIED APRICOT-DATE JAM (CONT'D)

Soak apricots overnight (or 4 - 6 hours) in pineapple juice. Combine and blend until fruit is chopped fine. No cooking needed. Store in fridge or freeze. This is very good on waffles.

DRIED FRUIT JAM

3/4 C raisins
1/2 C prunes
2 figs
Soak overnight in water or fruit juice. Blend in blender. Add the liquid from soaking to make the right consistency to spread. No cooking needed. Store in fridge or freeze.
Variation: Any dried fruits can be used.

DRIED FRUIT SPREAD

1 C chopped dried fruit
3/4 C water or fruit juice
Bring water to a boil in a covered saucepan. Turn off heat. Stir in fruit. Cover and let sit 5 - 10 minutes until soft enough to blend. Blend until smooth. Add more water if needed.
Variation: Combinations of fruits can be tried to suit your taste. (apricots and pears, apples and strawberries, etc.)

FAVOURITE KETCHUP

2 gal. paste tomatoes, cut up
4 onions
5 cloves garlic
4 tbsp. pickling spice, tied into a bag
8 grape leaves
2 - 4 C celery leaves or 1 small bunch celery, including leaves (do not chop)
1/2 - 1 C lemon juice
Boil for one hour. Take out celery, grape leaves and spice bag. Blend in blender and then pour through a sieve to catch the seeds. Return spice bag to kettle and bring ketchup to a boil and boil to desired thickness.

The Lord loves a cheerful giver until he brags about it.

FREEZING BEANS

Freeze green and yellow beans raw, without washing them. Rinse them when you take them out of the freezer and cook them the length of time you would cook fresh beans. They taste more like fresh beans when frozen this way.

FREEZING BEETS

Wash beets as soon as they are dug out of the garden. Put raw beets through a salad master (with peelings on). Package for the freezer without cooking.

FREEZING PEPPERS

Take seeds out of any kind of peppers you wish to freeze. Chop in small pieces. Take ice cube trays and fill each cubical with chopped peppers. Add just enough water so that when frozen, peppers will be solid cubes. Freeze. When frozen, take pepper cubes out of trays and store in a bag in the freezer. These cubes are convenient for soups and salads during the winter.
Variation: Use muffin tins for larger amounts.

FROZEN VEGETABLE JUICES

If you have extra carrots, beets or wish to use up small, or scarred, broken vegetables before they go bad, put them through your juicer. Pour juice into bottles and freeze for later use. This can be used for any kind of vegetables.

FRUIT JAM

4 c fresh strawberries, hulled (or use frozen)
1/4 C honey
1 tbsp. lemon juice (optional)
2 tbsp. water
Combine all ingredients in saucepan, crushing strawberries slightly. Bring to a boil, stirring constantly and continue to boil as it thickens. Jam is done when candy thermometer reads 240 F or when jam falls in a thick mass from spoon. Preserve in jars and seal or freeze. It is best to use jars that will seal so that you do not have to use wax to seal them. This method can be used for any fruit.

FRUIT RELISH

8 pears or apples, peeled and chopped
8 peaches, peeled and chopped
20 ripe tomatoes, peeled and chopped
2 red, sweet peppers, chopped
6 small onions, chopped
1 - 2 tbsp. salt
1/2 C honey
1 C lemon juice or to taste
2 tbsp. pickling spice, tied in a bag
Cook slowly for 2 hours. Pour into jars and seal.

GOLD MUSTARD BEANS

2 gal. beans, cut up and boiled until soft in salted water.
Drain and mix:
1 C flour
1 tsp. tumeric
3/4 tbsp. celery seed
1 tbsp. mustard (dry)
1/2 - 1 C honey
Make a brine of 4 C water to 1 C lemon juice and 1 tsp. salt. Add to flour mixture and thicken before adding to beans. Once beans are in sauce, bring to a boil and can. If it is too thick, add more brine. This mustard sauce can be used for other relishes too.

Variation: Substitute chopped, peeled cucumbers for beans. This is what you call mustard pickle. Add onions to cucumbers when cooking if desired.

RECIPES

I guessed the pepper - the soup was too hot,
I guessed the water - the soup dried in the pot.
I guessed the salt - and what do you think?
We did nothing else the whole day but drink.
I guessed the sweetener - the sauce was too sweet,
And so by guesssing, I spoiled our treat.
Now I guess nothing - for cooking by guess
Is sure to result in a terrible mess.

HERBED KETCHUP

2 gal. tomatoes, cut up (preferably paste tomatoes)
8 medium onions, chopped
10 cloves garlic
8 grape leaves
1 C lemon juice
6 - 8 tsp. sea salt
3 - 4 tsp. pepper
2 tsp. cumin
4 tsp. basil
6 - 8 tsp. paprika
4 tsp. dried celery seed or celery leaves, dried
4 tsp. dried parsley
4 tbsp. pickling spice, tied in a bag
4 tsp. cinnamon
2 tsp. cloves
1 tsp. chili powder (optional)
Combine all ingredients. Boil 1 hour. Put into blender and then through a sieve to catch seeds. Bring to a boil. Put into bottles or jars. If it is not thick enough, boil to desired thickness before sealing.
Variation: 1. Use apple juice instead of lemon juice.
2. Add mustard, oregano and tarragon.

HOT DOG RELISH

8 cucumbers, seeds removed and shredded
1 1/2 qt. green tomatoes, chopped
1 small head cabbage, shredded
Add 4 tbsp. salt and let stand for 24 hours. Drain.
Add:
1 bunch celery, chopped
6 onions, chopped
1 tbsp. tumeric
1 tbsp. celery seed
Lemon juice to taste
1/2 - 1 C honey
1 - 2 red peppers
Boil 15 minutes. Put in jars and seal.

KETCHUP

1 heaping gallon tomatoes, cut up
4 onions, cut up
4 apples, cut up

Boil until soft. Put through blender until smooth. Pour through a strainer to catch seeds.
Add:
1 tbsp. salt
1 C lemon juice
1/2 C honey
1 tbsp. pickling spice, tied in a bag
Boil 1 1/2 hours or until desired thickness. Put in bottles and seal.

LENA'S KETCHUP

Fill kettle 2/3 full with ripe tomatoes (paste tomatoes are best). Add 1 bunch celery including leaves, 15 grape leaves and 6 medium onions, chopped. Tie pickling spices in a bag and boil with all other ingredients. Add 12 sweet apples OR after it is put through strainer add 3 C very thick apple sauce. Boil together 1 hour, uncovered. Take out spice bag, grape leaves and celery bunch. Put the rest through strainer. Return spice bag to tomato kettle and add 2 tsp. salt, 1/3 tsp. cayenne, 1/2 tsp. cinnamon, 1/3 tsp. cloves and 1/3 C lemon juice or to taste. Boil until desired consistency.

LIMA BEANS FOR FREEZER

Blanch lima beans, still in pods, for 4 - 5 minutes. The pods will be puffed and pliable. Cool in cold water. To pod, pinch the straight edge of the pod. The lima beans will pop through the curved seam of the pod. Package and freeze in large bags. Break into chunks and add a few to mixed vegetable dishes for colour and flavour.

MEAT TO CAN IN JARS

15 lbs. ground poultry or beef
1/2 C sea salt
4 sliced dried bread
36 crackers
1 C oatmeal
3 C water
4 eggs
1 C onions
Pepper (red or black)
Grind again and mix well. Pack in jars and steam 3 hours.
Variation: Omit bread and crackers and use 5 C oatmeal.

MINCEMEAT

2 C ground meat (poultry, lamb or beef)
6 C shredded, unpeeled, sweet apples
2 C shredded, spy or other cooking apple
3 - 4 C raisins
2 C dried currants
1/4 C lemon juice
1 tsp. ginger
1 tsp. nutmeg
2 tsp. cloves
3 - 4 tsp. cinnamon
Salt to taste (2 1/2 - 3 tsp.)
1 - 2 tsp. orange extract or 1 small orange, rind and juice
2 C apple, pear or plum juice
Cook slowly for three hours to enhance flavour. When cooked this long, you don't need other sweeteners.
Variations:
1. Canned apples or thick apple sauce can be used in place of shredded apples.
2. A meatless mince can be made by omitting the meat and adding more apples or adding soy or nut pulp.
3. Pears can be used to replace some of the apples.

MOCK TUNA FISH

To 1/2 gal. of fish, add:
3 tbsp. lemon juice or cider vinegar
1 tbsp. oil or butter
1 tsp. salt
Pack in jars and steam for 4 hours.

MOM'S HOT CATSUP

4 qt. tomatoes, chopped
1/2 C lemon juice
1 1/2 tsp. cayenne pepper, or less
2 tbsp. salt
2 tbsp.mixed pickling spice, tied in a small cloth bag
1 tbsp. dry mustard
1 tbsp. cinnamon
1 large onion
1/2 C honey
Combine and boil for 1 hour. Put through sieve. Bring to a boil. Thicken with 3 tbsp. cornstarch, arrowroot, potato starch or flour. Boil 10 minutes. Put into jars and seal.

NO COOK RHUBARB PRESERVES

Wash and dice rhubarb into 3/4" pieces. Pack into jars. Cover with cold water, making sure that there are not too many air bubbles throughout the jar. Close tightly. Let sit for 2 weeks before using. This will keep in a cool place for approx. 1 year. This is much milder than cooked rhubarb.

PICKLED VEGETABLES

Dill Pickles:
1 qt. cucumbers
2 large grape leaves
2 stalks fresh dill
2 - 3 cloves garlic (optional)
Lemon juice brine (see recipe)
Water or part apple juice, (optional)
1/2 tsp. mustard or celery seed (optional)
Wash cucumbers, leaves, dill and garlic. Place one grape leaf and one dill head in the bottom of jar. Pack cucumbers into jar. Place 1 dill head and garlic on top. Cover with a grape leaf and fill with brine. Seal and steam for only 1 - 2 minutes for crisp pickles. Omit lemon juice if not tolerated.

Lemon Juice Brine:
1 C lemon juice
4 C water or part apple juice
1 tsp. salt
This can be used for all pickled vegetables.

Pickled carrots: Slice and cook carrots. Process in the same way as pickles.

Pickling Corn (use baby corn cobs 2" - 3" long):
Process the same as pickles only add 1/2 tsp. tumeric to brine and steam 15 - 20 minutes.

Salad Beans:
Cut beans into 1 inch pieces and cook in salt water until soft but not mushy. Drain. Process the same way as with pickles only add 1/2 tsp. tumeric to brine and steam 10 minutes.

Long Yellow Sour Beans:
Process the same way as with salad beans except leave whole.

Pickled Beets:
Cook and peel beets. Cut into slices, dice or shred. Process the same way as pickles and add 3 - 4 whole cloves to each jar. Use water from cooking beets to make brine for a nice red colour.

RIPE TOMATO PICKLE

1 qt. tomatoes, peeled and sliced
1 qt. unpeeled cucumbers, sliced
1 pt. onions, chopped
1/2 - 1 C lemon juice
1 - 2 tbsp. salt
Boil until cucumbers are tender but still crisp. Add:
1 - 2 tbsp. flour
1 - 2 tsp. mustard
1/2 tsp. tumeric mixed with 1 tbsp. lemon juice
1/2 C honey
Boil until thick; not too long or it will get mushy. Seal in jars.

"SECKLY VASHT" OR BOLOGNA

2 well filled gallon crocks ground chicken meat (36 Cups)
1/4 C honey (optional)
1/3 C sea salt
1 tbsp. black pepper
1 tsp. vitamin C powder (ascorbic acid)
1 1/2 tsp. garlic powder
2 tbsp. paprika
3/4 tbsp. cloves (optional)
Mix until ingredients are blended. Do not over mix or meat will be tough and dry. Add ground skin, stomach and heart, (but not liver) if desired. Stuff into sausage bags and cook until they float.

Variations:
1. Omit garlic powder, paprika and cloves and add 2 tsp. poultry seasoning and 1 tbsp. cayenne pepper.
2. Pack meat in jars and steam for 3 hours. Slice for sandwiches.
3. Freeze and use as hamburger, with or without spices.
4. For chunky turkey, omit spices listed. Do not grind meat but cut into small chunks. Pack in jars, sprinkle 1/4 tsp. salt, dash of pepper and 1 - 2 garlic cloves per pint. Seal and steam for 3 hours.

SEVEN DAY PICKLES

1 gal. medium sized cucumbers
Wash and cover with boiling water. Let stand 24 hours and then drain. Repeat this for 4 days using fresh water each time. On the 5th day cut cucumbers in chunks or sticks of desired size.
Combine:
4 C water
1 C lemon juice
1 tsp. salt, or more
2 tbsp. pickling spice
1 - 1 1/2 C honey or apple molasses
Bring to a boil and pour over sliced cucumbers. Let stand for 24 hours. Drain syrup and bring to a boil and pour over cucumbers. Repeat on the 6th day. On the last day, bring syrup to a boil and add cucumbers and bring to a boil again. Pack into jars and seal.

STEAMED TOMATOES

Peel and slice tomatoes. Fill jar with tomatoes. There is no need to add water if tomatoes are packed into jar with their own juice. Top with 1/2 tsp. salt and 1/4 tsp. lemon juice per pint jar. Steam 20 minutes.

STRAWBERRY JAM #1

Bring to a full rolling boil and boil hard for 1 minute:
8 C strawberry puree
4 C diced rhubarb
2 tbsp. lemon juice
Add:
1 C honey
3 tbsp. gelatin stirred into 1/4 C cold water (or 1 tbsp. Agar Agar)
Boil hard one more minute and seal in jars. Any fruit can be used. When using Agar Agar, use 1/2 tsp. to every 2 C fruit.

Some people create vacuum in their heads by over-working the built-in blower attachment.

STRAWBERRY JAM #2

6 C mashed strawberries
1 C honey, or less
1 pkg. pectin crystals
1/4 C lemon juice
Place strawberries in large saucepan. Mash. Add pectin, bring to a boil, add honey and lemon juice. Boil 5 minutes. Pour into jars and seal with paraffin.

STRAWBERRY PUREE

Wash uncapped, small seedy strawberries several times to remove all the dirt. Put through Foley's Food Mill or Victorio Strainer. Put puree into freezer containers and use for frozen pops, gelatin desserts, fruit glazes, fruit leather etc.

SOUR CHERRIES

Soak cleaned cherries over night. Drain and reserve juice. To each qt. jar, add 2 C pitted cherries. Fill with water or apple juice and steam for 15 - 20 minutes. Heat reserved juice and pour into jars and seal. This juice is great for drinks.
Variation:
1. Cherries do not have to be soaked over night if a stronger tasting fruit is desired.
2. Jars may be filled with cherries before filling with juice or water and used for pies or desserts etc.

TOMATO JUICE TO CAN

Wash, trim and cut the tomatoes into pieces. Mash slightly. To every 16 qt. kettle of tomatoes add: 1 onion, cut up, one handful parsley and two stems celery, including leaves, chopped. Boil until soft. Put through strainer. To every 4 qt. of juice add 1 tbsp. molasses (optional) and 1 1/2 tsp. salt (optional). Return to the kettle and bring to a boil. Pour into sterilized jars and seal.

TOMATO SAUCE

6 qt. basket tomatoes
4 green peppers
6 stems celery
2 onions
Fresh parsley

Boil until soft and put through colander. If you have a blender, you can blend the pulp and strain through the colander to catch the seeds.
Add:
1 tbsp. honey
2 tsp. salt
4 tsp. oregano
Shake of pepper
1 fresh garlic clove or 1 tsp. garlic salt
Boil until thick. Seal in jars.

TOMATO SAUCE PUREE

Trim and wash tomatoes. Blend in blender until very smooth.
To 1 gal. tomato puree add:
3 large grape leaves
2 - 4 drops mixed pickling spice oil OR 1/4 C mixed pickling spice
2 stalks celery (optional)
2 medium onions
2 apples (for thickening)
Cook until 1/2 the quantity. Sift out vegetable pieces with a slotted spoon and bottle. This can be used as tomato or pizza sauce.

TOMATO SOUP

1 - 16 qt. kettle tomatoes
2 C rice noodles or rice
1 bunch celery
2 onions
Boil tomatoes, onions and celery leaves together. Strain. Boil noodles, or rice and celery in some of the tomato juice and water. Reheat the rest of the juice, bringing it to a boil.
Stir in:
3/4 C oat flour, thinned with water,
2 tbsp. margarine (optional)
Bring to a boil and add noodles. Stir well. Pour into jars and seal. When you are ready to use, add water, heat and serve with toasted home made bread and fried squash.

When I am right, some don't remember and when I am wrong many don't forget.

TURKEY BOLOGNA

25 lbs. ground turkey meat
8 tbsp. sea salt
1/2 tsp. cayenne pepper
1/2 tsp. garlic
1 tsp. celery seed
2 C oatmeal
1 tsp. ascorbic acid (vitamin C crystals)
1 tsp. mace (optional)
Mix and grind again. Pack into jars and steam 3 hours or stuff into sausage bags and boil until they float. Freeze if desired.

UNCOOKED JAM

3 C mixed dried fruit (your choice)
Barely cover with water and soak over night. Grind all fruit together and add 1 C crushed pineapple and mix thoroughly.

VEGETABLE BEETS

Cook beets until tender. Put in salad master, food processor or cut in cubes. Fill quart jars with beets and for every jar add:
1 tsp. salt
1 tsp. lemon juice
Steam for 1/2 hour.

VEGETABLE SOUP

5 gallons tomato juice
2 handfuls parsley
1 handful celery leaves
Boil and strain.
Add:
2 qt. green beans
2 qt. yellow beans
2 qt. peas
1 C beef stock
1 - 2 C ground meat, browned and partially cooked (optional)
4 C rice noodles
1 bunch celery
2 qt. carrots, chopped
Salt to taste
2 tbsp. margarine (optional)

VEGETABLE SOUP (CONT'D)

Boil each vegetable and noodles separately. Drain cooking water. Combine vegetables, tomato juice and remaining ingredients. Pour into jars and steam for 30 minutes.
Note: If there is meat in it you will have to steam 1 hour.

VEGETABLE SOUP TO CAN

2 gal. tomato juice
1 qt. carrots, chopped
1 qt. peas
1 qt. green and yellow beans, cut up
3 stalks celery, chopped
3 onions, chopped
3 green peppers, chopped
1 qt. cabbage, chopped
1 qt. potatoes, chopped
1 qt. dried beans, soaked the night before (kidney, chick pea, soy, navy or lima bean, etc.)
1 C pot barley soaked the night before
Cook each vegetable separately, then combine. Boil 10 minutes. Seal in jars and steam 10 minutes. This will fill approx 25 pints.
Note: If this is steamed in pints, it can easily be taken along with you in case you are going somewhere where there will not be foods that you can tolerate. This is a complete meal in a jar.

V-8 JUICE

2 gal. tomatoes, cut up
2 onions
1 bunch celery, leaves and all, cut up
1 C fresh parsley
2 - 3 large carrots, cut up
2 large beets, cut up
2 - 3 large potatoes, cut up
1 bulb garlic, peeled and sliced
2 C cabbage, cut up
1 or 2 peppers, red or green, cut up
1 C spinach (optional)
1 C lettuce (optional)

V-8 JUICE (CONT'D)

Squeeze tomatoes with your hands to create juice before adding remaining ingredients. Cook together until vegetables are soft. Put through strainer or sieve. Bring juice to a boil and can. Salt and seasonings may be added if desired. Use as a nutritious drink or as flavouring for stew, casseroles, salads etc.
Variation: Put pulp through blender and add to juice.

WILMA'S TOMATO SOUP

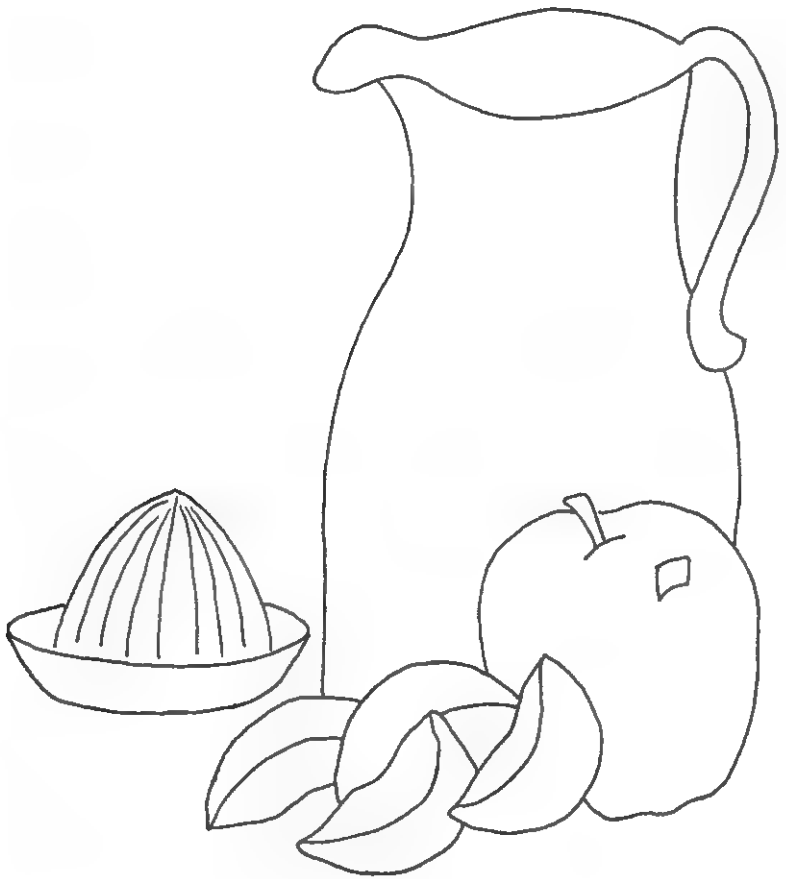
1 gal. tomato juice
1 bunch celery
4 onions
4 carrots
4 potatoes
Cook vegetables until soft. Put through blender and then mix with juice. Put into blender:
2 tbsp. salt (optional)
1/2 C flour
1/4 tsp. pepper
1 C tomato juice
1/4 C butter (optional)
Blend until smooth. Stir into juice and bring to a boil. Pour into jars and steam for 10 minutes.

ZUCCHINI PINEAPPLE (PINEAPPLE SUBSTITUTE)

Peel 4 qts.zucchini, cutting into small cubes or put through salad master or grinder. Boil until tender but not mushy. Add 1 C honey (or less), 1/2 C lemon juice 1/2 tsp. oil (optional) and 2 cans of crushed pineapple or tidbits (which ever way you cut your zucchini). Mix together. Either cool and spoon into containers to freeze OR put into pint jars while hot and steam for 25 minutes. Use when ever you need pineapple.

Christianity is like soap -
it is no good unless it is used.

Miscellaneous



NOT THANKFUL ENOUGH

I know that I seldom am thankful enough
For living in so rich a land;
Where clothing and food is abundant enough
And beauties are always at hand.
I never have known how it is to be weak
From hunger for day after day;
And seldom do I have a really great need
When for daily bread do I pray.
I want to be thankful, dear Lord, for I know
That millions are hungry today;
So help me to number my blessings anew
And daily for thankfulness pray.

FRUIT SAUCES

These are delicious served warm or cold over pancakes, waffles, crepes, cakes, ice cream, cereals, or in place of icing.

APRICOT - PINEAPPLE TOPPING

1/2 C dried apricots
1 1/2 C water
1/4 C honey
1 tbsp. lemon juice
1/2 C crushed pineapple
Simmer all ingredients, except pineapple in a saucepan. When softened, blend in blender until smooth. Return to saucepan and add pineapple.

APRICOT SAUCE

4 C apricots, pitted
3 tbsp. apple juice
1 tbsp. honey
1 drop almond extract
Blend ingredients until smooth. Store unused portions in fridge. Makes 1 cup.

BREAKFAST FRUIT SAUCE

1 C apple juice
1 large apple, chopped
Boil 5 minutes.
Mix:
1 tbsp. arrowroot flour
1/4 C apple juice
Add:
1/4 tsp. lemon rind
Dash of nutmeg
Add to apple mixture. Cook until it thickens. Remove from heat and stir in:
1/2 C blueberries
1/2 C sliced strawberries. Serve hot or at room temperature.

An optimist smiles to forget,
A pessimist forgets to smile.

CHERRY YOGURT SAUCE

1/4 C cottage cheese
1/4 C yogurt
1/2 tsp. honey
1/4 tsp. vanilla extract
1/2 C pitted sweet cherries
In a blender, process the cottage cheese, yogurt, honey and vanilla until smooth. Add the cherries and blend in short pulses until the cherries are finely chopped, but not pureed. Yield 3/4 cup.
Variation: 1. Use all cottage cheese or yogurt in place of both.
2. Replace cottage cheese and/or yogurt with tofu.

FRESH STRAWBERRY SAUCE

This is a treat during the strawberry season.
2 1/2 C sliced strawberries
1 tbsp. maple syrup
Place 1 1/2 C of the strawberries in a blender with the maple syrup. Process until smooth. In a serving bowl, stir the remaining cup of strawberries into the blended mixture and serve. This can also be heated and served warm.

FRUIT JUICE SAUCE

1 C fruit juice
1 tbsp. barley flour
Pinch of salt
Mix and cook until thickened. Cool.

FRUIT SAUCE

2 C peaches, fresh or canned
1 C pineapple
1 C gooseberries
2 - 3 C frozen or fresh strawberries
Combine all ingredients in a blender and blend until smooth.

To get to heaven - turn right and keep going straight.

LIGHT AND CREAMY DESSERT SAUCE

3/4 C yogurt
1/2 C banana
1 tsp. honey (optional)
Dash of vanilla extract
Place ingredients in a blender. Blend until smooth. Use immediately or the banana will darken. Makes 1 cup.

MAPLE YOGURT SAUCE

1/2 C yogurt of tofu
1 tsp. maple syrup
Dash of vanilla extract
Stir the ingredients together in a small bowl. This is good served over apple desserts.

ORANGE SAUCE

3/4 C orange juice
1 tbsp. maple syrup
1 tsp. cornstarch
Place 1/2 C of the orange juice and the maple syrup in a small saucepan. Set over low heat. Dissolve the cornstarch in the remaining orange juice and then add to the saucepan. Bring to a boil over medium heat, and then simmer for 2 - 3 minutes until the sauce begins to thicken. Serve hot or cold.

PEACH SYRUP

Peel and cut up fresh peaches. Stew fruit in saucepan on stove until soft. Whiz fruit mixture in blender and pour over pancakes.

RAW APPLE SAUCE

Cut apples in small pieces and put in blender. Liquefy, adding enough apple juice to make a medium sauce. Add honey to sweeten. Cinnamon or nutmeg may be added for extra flavour.

SIMPLE PINEAPPLE SAUCE

1 can pineapple tidbits, packed in their own juice
Drain and blend until smooth. Place mixture in a sauce pan and heat over low heat until warm. Cool and stir in 1/2 C yogurt or soft tofu. Note: Save the juice for drinking.

STRAWBERRY SAUCE

This sauce goes nice with a dessert or ice cream. Drain juice and use 1 1/2 tbsp. gelatin to 4 C of liquid. Mash fruit or leave whole. Dissolve gelatine in hot fruit juice and add to the fruit. Chill. Serve.

BEVERAGES

APPLE BANANA SHAKE

1 C water
1 banana
1 apple, cored and quartered
Blend.

BANANA BREAKFAST NOG

1 egg
1 C milk
1 small, ripe banana, sliced
1 tsp. honey (optional)
Combine ingredients and beat or blend until smooth. Serve with a sprinkle of nutmeg (optional).

BARLEY DRINK

Simmer 1/4 C pearl barley in 1 1/4 qt. of water for 1 hour. Squeeze 1 lemon and 2 or 3 oranges and set aside. Strain the water in which the barley was cooked. Add the fruit rinds to the strained water and let cool. Remove the rinds, add the juice and refrigerate.

BERRY PUNCH

2 C black currant juice
2 C gooseberry juice
2 C apple juice
Mix, chill and serve.

We cannot direct the wind,
but we can adjust our sails.

BLENDER BREAKFASTS

1 banana
1 1/2 C soya milk or substitute
1/2 C tofu or yogurt
Dash of cinnamon and/or nutmeg
Whiz everything in blender and serve. The banana can be substituted with other fruit - peaches, blueberries, apples, etc. Almonds, cashews or sunflower seeds can also be added for a pleasant taste.

BLENDER FRUIT SHAKE

2 tbsp. soya milk powder
4 C water
4 dates, figs or 1/4 C raisins
Blend first at low speed, then at high speed.

CAROB SYRUP

1/2 C sifted carob
1/8 tsp salt
1 tsp.vanilla
3/4 C honey
1 C boiling water
Combine in saucepan and stir until smooth. Cook, stirring, until it boils. Boil one minute without stirring. Remove from heat and add vanilla. Pour in jar, cover and refrigerate until needed. Use 2 tsp. to one cup milk - more or less to taste.

COMFREY DRINK

16 oz. juice
15 almonds
5 tsp. sunflower seeds (soak overnight)
4 pitted dates
4 large handfuls of comfrey and other greens (see below)
Fill the blender above the blades with unsweetened juice (approx. 8 oz.). Add softened nuts, seeds and dates to the juice and blend. Pour this mixture into a pitcher. Next, take four large handfuls of green leaves such as alfalfa, parsley, mint, spinach, beet greens, water cress, and most important comfrey. Blend the greens in 8 oz. unsweetened juice. Combine the two mixtures, making sure the combination is not too thick. It may be put through a coarse sieve or strainer.

EGG NOG

2 C cold milk, or nut milk
2 eggs
1 1/2 tbsp. honey
1/2 tsp. vanilla
Nutmeg
Blend first 4 ingredients. Pour into glasses and sprinkle with nutmeg and serve.
Variations:
1. Add a banana or other fruit of your choice and blend well.
2. Add 1 tbsp. carob with or without the banana.
3. Substitute one cup of yogurt for one cup of milk.
4. Pour egg nog into popsicle molds and freeze.
5. Add crushed ice for a thicker mixture or substitute a frozen banana and omit ice.
6. Add peanut butter, molasses, carrot, bran or wheat germ for extra nutrition.

GOLD STRIKE

1 egg
1 C orange juice
1 tsp. honey (optional)
Beat or blend until frothy. Pour into glasses and serve immediately.

HOT CAROB

2 tbsp. carob powder
1 tbsp. honey (or to taste)
1/2 tsp. vanilla
1/8 tsp. salt
1/2 C water
2 C milk
Combine carob powder, honey, salt and water in a small saucepan. Bring to a boil and cook 1 minute, stirring constantly with a wooden spoon. Reduce heat and add milk. Heat thoroughly, but do not allow to boil. Add vanilla. Serve hot with whipped cream, or refrigerate, beat until frothy and serve cold.

Faith honours God; God honours faith.

HOT CAROB DRINK

Milk or nut milk
Carob
Vanilla
Honey
Dandelion blend tea
1 banana
Use as much of these ingredients as you wish. Best blended in a blender.

HOT LEMONADE

4 C water
1/2 C fresh lemon juice, lemon balm or lemon verbena herb
1/3 C honey
1 cinnamon stick, broken
Lemon slices for garnish
Simmer water, honey and cinnamon for 10 minutes. Add lemon juice and heat. Add lemon slices.

ICED HERB TEA

Gather together a handful of each:
Comfrey leaves
Alfalfa leaves
Balsam/peppermint leaves
Put these leaves in boiling water, but do not let it boil. Let it stand a few minutes then remove leaves and add honey to taste. Cool.

LEMON MINT DRINK

A few sprigs peppermint or balsam
Lemon
Fill blender with water and add mint and lemon. Add ice cubes and honey if desired.

PEACHY CREAMY DRINK

1/2 C canned peaches, drained
1 C milk or milk substitute
1/4 tsp. ground ginger (scant)
1/2 tbsp. honey (optional)
Blend until frothy. Serve immediately.

PEANUT BUTTER DRINK

1 C smooth peanut butter or nut butter
1 C hot water
Blend and add:
1 C warm water
1 1/2 tbsp. vanilla
Honey to taste (optional)
Add milk or substitute to make 1/2 gallon.

PROTEIN DRINK

Put the following ingredients into a blender:
Almond or soya milk
Coconut - fresh or presoaked
Parsley
Spinach
Algae
Vanilla
Soaked dried prunes or dates
Blend and serve.

PUNCH

2 litres apple juice
2 litres pineapple juice
2 cans frozen 100% pure orange juice concentrate (mixed as instructions indicate)
1 - 2 tbsp. lemon juice
Mix together and serve.

RHUBARB DRINK

10 C pink rhubarb, cut into 1" pieces
1 qt. water
1/2 C honey
1 C pineapple juice
1 C peach or apple juice
Add water to rhubarb and sweetener. Cook slowly until rhubarb is soft. Strain. There should be approx. 1/2 gallon juice. Chill. Add pineapple, peach, apple juice or any other desired fruit juice before serving.

My life helps to paint my neighbours picture of God.

UNSWEETENED STRAWBERRY MILKSHAKE

1 C milk
Frozen strawberries
1 tsp. vanilla
Pour milk into blender. Drop frozen strawberries in, a few at a time, until it is thick. Add vanilla
Variation: Add other frozen berries instead of strawberries.

HOMEMADE SPICES

These next recipes are guidelines only. Use more or less of spices depending on your personal taste.

CHICKEN STYLE SEASONING

2 1/2 tsp. sweet pepper flakes
3 tsp. onion powder
3 1/2 tsp. sea salt
2 1/2 tsp. each sage, thyme, garlic powder
1 1/4 tsp. each marjoram, rosemary
Mix, grind and store in a tight container.

CHILI POWDER

1 tbsp. each garlic powder, oregano, cumin
6 tbsp. each chili pepper, cayenne
Mix and store in a tight container.

CURRY #1

1 tbsp. paprika
1 tbsp. dill
1 tbsp. coriander seeds
1 tbsp. garlic powder
Grind and store in a tight container.

A life worth living has three ingredients:
It has creed ... what we believe
It has code ...how we behave
It has character ... what we become.

CURRY #2

Grind and mix equal parts of:
Coriander
Cumin
Mustard powder
Tumeric
Fenugreek
Cardamon
1/2 part pepper
Store in an air tight container.

ITALIAN SEASONING

Mix and grind and store in a tight container equal amounts of: oregano, marjoram, basil, rosemary, savory and thyme.

SEASONING

1/2 C each of powdered:
Celery
Parsley
Onion
Peppers
Chives
(Dry your own and then grind.)
Mix and store.

FOOD DEHYDRATING

To prepare food for drying, produce must first be washed and trimmed of all blemishes, as these could spoil during drying. Cut or slice the food into uniform pieces to dry. A salad master works well for this; 1/4" thick is best for most foods.
When loading the dryer trays, always remember that AIR MUST CIRCULATE. Never pile food on trays. Arrange pieces close together in a single layer. When adding new trays of food, start them at the top and sort the driest fruit down to the bottom trays. This way the highest humidity is in the top of the dehydrator. Check your dehydrator 2 or 3 times a day to sort out your food. Turn trays back to front for the juicy fruits to insure uniform drying. When the food is done, put it in a tight container and store in the dark. The chewier the food, the more moisture it contains. The more moisture it contains, the sooner it must be used.

For leafy plants (herbs, etc.) trim out thick stems. If you wish to use them, dry separately, because they take longer to dry.

Herbs are done drying when they crumble easily.
Different foods have different drying times. Experiment and enjoy this unique method of preserving food.
If you do not have a dryer, you can use your oven. Turn on at a very low temperature and leave oven door open slightly to allow for air circulation. A car parked in the sun with the windows open a little way, has the same effect.
Cookie sheets make good trays. Line cookie sheets with plastic wrap when making fruit leathers.

FRUITS

APPLES: Slice, dice or shred apples with or without the peelings. You can dry the peels and trimmings if you wish. The dried apple parts may be soaked in water to make juice. Dried shredded apples are good with granola.

APRICOTS: Cut in quarters or smaller to dry fast enough to retain colour and flavour. Dry until quite hard.

BANANAS: Slice or quarter half a banana the long way. Place cut side up to dry. Do not overlap.

CURRANTS: Wash and spread on trays. These can be used in place of raisins, but are not as sweet.

CHERRIES: Remove pits for quicker drying.

CRANBERRIES: These are good when de-hydrated, then later soaked for a refreshing drink.

GRAPES: Use only seedless grapes.

PEACHES: Wash and de-fuzz with a towel. It is not necessary to peel. Slice into 1/4" pieces and dry until they come off easily from the trays. Eat and enjoy or cook with oatmeal porridge.

PEARS: Core and slice and proceed the same as peaches.

PLUMS: Pit and quarter, or cut smaller if plums are large. Dry with skin side down on the tray.

RHUBARB: Slice and dry. Make a delicious, thirst quenching drink by adding a handful of these to a jug of water. Let soak for 1 - 2 hours and add sweetener if desired. This can also be added to punches.

VEGETABLES

Dehydrated vegetables can be added to soup or ground up and used as spices. Put through a shredder for even drying.

CARROTS: Shred and dry. Add to soups or seasoned salt, etc.

CELERY AND PARSLEY: Trim out thickest stems. Spread out on pans or newspaper for 5 days to wilt. Turn oven very low (175 F) for half an hour then turn off. The parsley will then be dry and have a nice green colour.

CORN: Husked sweet corn can be dried right on the cob. They will be heavy, so don't over load your trays. When thoroughly dry, kernels will come off like popcorn. The small, black Indian corn is especially suited for raw eating. When soaked, it is sweet and delicious in salads and soups. Corn silk is useful as an herb, but can also be powdered and added to soup for a nice "corny" flavour.

GREEN BEANS: Choose tender, young beans and cut into slices or strips. Dried beans powder nicely in a seed mill for adding to broth.

ONIONS: The green tops are nice when dried and powdered and added to salad dressings. The bulb can be sliced and dried and used when fresh onions are not available. When drying place onion slices on waxed paper to keep the strong flavour away from the tray.

TOMATOES: Cut into small wedges and place skin side down on tray.

ZUCCHINI OR CUCUMBER: Slice a scant 1/4". Dry until crisp and eat with a dip.

A grateful heart is a prayerful heart.

FRUIT LEATHERS

APPLE LEATHER: Prepare 4 C chopped apples by removing cores but not the skins. Place enough water in the blender with a few apple pieces to get the blending action started. Keep adding apples until you have a good thick sauce. Use masking tape to hold down plastic wrap onto your trays. Pour puree about 1/4" thick onto trays.

APPLE PEANUT BUTTER LEATHER: Prepare apples the same as apple leather recipe, but add 1 C peanut butter and honey to taste (optional). Blend together and dry the same as apple leather.

BANANA NUT LEATHER: Puree in blender, 3 C ripe, soft bananas and add:
1 C nut butter
1 tsp. vanilla
Blend together and spread onto prepared trays and dry.
Variations: Add 1 heaping tbsp. carob powder for a rich, chocolate taste. Stir in 1/2 C nut meats.

UNSWEETENED FRUIT COMBINATIONS FOR LEATHER: Apple and soaked raisins, apricot, apricot and apple, banana, grape and apple, peach, peach and apple, pear, pear and strawberry, cranberry and soaked dates.
These fruit combinations can also be used as sauces. You may wish to enjoy them as a raw breakfast fruit, sprinkled with a few ground nuts.

BREAKFAST COOKIES

Put in blender and process until smooth:
3/4 C oil
1 - 2 tbsp. honey
3 - 4 large apples, unpeeled, cored and chopped
2 tsp. vanilla
Mix in:
3 C rolled oats
1 C sunflower seeds
1 C raisins or chopped dates
Let stand for 1/2 - 1 hour to allow the oats to soak up the flavours. Drop by spoonful onto parchment paper and dry until firm; 1 - 2 days depending on the texture you prefer. Soft ones should be refrigerated.
Variation: Bake on cookie sheets and serve as granola bars.

SESAME SUNFLOWER SQUARES

1 C apple or pear puree
1 1/2 C sesame seeds
1 1/2 C sunflower seeds
Spread to 1/4" on plastic wrap. When almost dry, remove plastic and turn it over to dry until crisp.
Variation: Add vanilla or lemon juice with apple puree.

HERBAL SEASONING

1/2 tsp. each onion and celery leaves
1 tsp. each alfalfa, spinach, watercress
2 tsp. carrot
4 tsp. red beet
1/4 tsp. celery seed
4 tsp. engiveta yeast (optional)
3 tsp. soy protein
3/4 tsp. parsley
1/2 tsp. dill
Pinch of cayenne and oregano
1/4 tsp. rosemary
1 tsp. squash
Grind and use as seasoning.

SEASON ALL

1 medium onion
2 large tomatoes
2 large carrots, shredded
Cut up, dry and grind with 1 tsp. of each of herbs:
lovage, parsley, celery leaves, sage, celery seed, basil, thyme or herbs of your choice. May add 1/4 tsp. cayenne pepper. Add 1/2 C sea salt and mix well. Store in a tight container.

TOSSED SALAD GARNISH

1 C dried onions
1 C dried carrots
1/2 C tomato flakes
1/2 C grated parmesan cheese or cheese powder
2 tbsp. each parsley, red and green peppers, sunflower seeds
Chop in blender and store in tight container. Sprinkle on salads as a garnish.

MISCELLANEOUS HINTS AND HELPS

Toast your own wheat germ by sprinkling raw wheat germ on a cookie sheet and toast at 325 F for 15 minutes, stirring occasionally.

To make apple sugar, dry apple peelings. Grind them and remove large chunks. Use in baking and on cereal.

To extend your asparagus harvest, divide the patch in two. Use spears from one side in the spring and let the other side grow. On August 1, remove all tops off of the unharvested patch. New sprouts will emerge, ready for harvest.

To stop weeds and grass from growing between side walk blocks, pour boiling water over them.

COOKED BIRD FOOD

1 C water
1/2 C honey
Boil 5 minutes and add:
1 C lard or tallow, unsalted
Stir until melted. Add cornmeal, oatmeal, bread crumbs, bird seed, etc. until very thick. Put into pineapple cans (or any container) and freeze. Cut out the other end of the can and give to the birds.

TOMATO NOODLES

2 C barley flour
2 eggs, beaten
1/4 C tomato paste
1 tbsp. warm water

God made you with the potential to be nothing but yourself.

TOMATO NOODLES (CONT'D)

Make a well in the centre of the flour and add eggs and tomato paste. Beat the egg mixture with a fork, slowly working in the flour. Use fingers when the dough gets stiff. Add water and continue kneading for 10 minutes or until the dough is shiny. Let it rest 30 minutes. Divide dough into 4 parts and roll 1/16" or as thin as possible. Let dough dry slightly for 10 minutes, turning once. Dust with flour and then roll up jelly roll fashion and cut to desired noodle width. Dry cut noodles if you wish or freeze. They can also be used right away.

Variations:
1. Replace tomato paste with water, milk or cream.
2. Replace water with oil or butter.
3. Use 1 whole egg and 2 egg yolks.

HOMEMADE EGG NOODLES

2 eggs, fresh or frozen
1 - 2 C flour or enough to make a stiff but pliable dough. Do not overmix. Roll out dough as thin as possible. Let dry partially (about 20 minutes). Roll up dough jelly roll style and slice in fine shreds. Let dry completely before storing or use immediately by dropping fresh noodles in boiling broth or salt water.

Note: Some people hang the sheets of dough on a wash line!

Variations:
1. In place of whole eggs use only egg yolks in any noodle recipe.
2. An equal amount of water may be used in all noodle recipes in place of eggs.
3. Add 1/2 tsp. baking powder.
4. Use 1 whole egg and 2 yolks.

COLOURED COCONUT

RED OR PINK: Add beet juice to coconut until desired colour. Spread out on cookie sheet and let dry if not used immediately.

YELLOW: Add tumeric powder to coconut until desired colour and add only enough water to moisten to make a deeper colour. Dry if not used immediately.

GREEN: Add algae powder (seaweed) and enough water to moisten or spinach juice. Dry if not used immediately.

BLUE OR PURPLE: Add huckleberry or blueberry juice until desired shade. Dry if not used immediately.

COLOURED COCONUT (CONT'D)

ORANGE: Add carrot juice. Dry if not using immediately.

HOMEMADE POTATO STARCH

This can be used as a clothing starch or as a thickener for food. Peel several potatoes, and slice thinly into a bowl of water. Stir for several minutes. Remove potatoes from water. Let water sit several minutes to let starch settle to the bottom. Slowly pour water away until there is only a thick starch left in the bottom of the bowl. Let this sit over night in a warm place to dry out completely. In the morning (or when ever it is dry) crumble the starch and store in a tight container. When ready to use for starching purposes, add a little boiling water to some dry crumbs to moisten. Sprinkle on clothing and iron. This can also be used as a thickening agent in food.

HOMEMADE SOAP

60 lbs. lard
12 lb. caustic
18 C salt
16 gal. water
Important: Heat water to luke warm before adding caustic. Stir until dissolved. Add lard and stir until dissolved. Boil 1 1/2 hours. Add salt and stir until well dissolved. Let stand over night. Cut in large chunks and remove from kettle and cut in squares. Set aside to ripen for several months.
Note: When cooking, it is very important not to have too much heat once it starts boiling. After salt is added turn off heat or it will boil over.

FRUITED KNOX BLOX

3 C boiling fruit juice
2 1/2 C fruit cocktail, undrained or any fruit desired
3 tbsp. gelatin
Pour into pan or cookie sheet. Chill and cut with cookie cutter in assorted shapes.

Will your trials make you bitter
or better?

PLAY DOUGH #1

2 C light rye flour
1/2 C cornstarch
1 tbsp. powdered alum
1 C salt
1 tbsp. salad oil
2 C water
Food colouring
Place in a heavy saucepan and stir constantly over low heat until mixture thickens. Remove from heat and cool until it can be handled. Place on wax paper and knead until smooth. Store in an airtight container. Keeps for months.

PLAY DOUGH #2

1 1/2 C plus 1 tbsp. cold water
1/2 C salt
2 tbsp. alum
2 C flour
1 tbsp. oil
Food colouring
Put water, salt and colour in pan. Bring to a boil. Remove from heat and add alum and oil. Pour into flour while hot. Knead. Store in a plastic bag or tight container.

HOMEMADE HOUSEHOLD PRODUCTS

Because many of our cleaning supplies are poisonous or corrosive, it is nice to have an alternative to many hazardous household products. Most average cleaning can be accomplished effectively and safely using the following: vinegar, pure ivory soap, baking soda, washing soda, borax (a natural mould inhibitor) and household ammonia.

ALL PURPOSE CLEANER
1/2 C ammonia
1/2 C white vinegar
1/4 C baking soda
1/2 gal. water

The flowers of tomorrow are in the seeds of today.

LAUNDRY

For bleach - use borax.

Detergent substitute: Add 1/3 C washing soda (add clothing after soda has dissolved) and add 1/2 C soap powder. If your water is hard, add 1/4 C washing soda or 1/2 C vinegar to first rinse.

FABRIC SOFTENER

1/2 - 1 C vinegar in the rinse cycle if washed with soap.

STAIN REMOVAL

Ball point pen: soak in milk and rub. Coffee stains: pour boiling water over fresh stain.

KITCHEN

To clean counter tops, use several tbsp. vinegar in a pail of water. For coffee, juice or tea stains, scrub vigorously with a paste of baking soda and water. Let sit for 1/2 hour and sponge off.

When cleaning your oven, a water solution of baking soda will remove grease. Stubborn spots may need an application of dry baking soda and let sit for 15 minutes. Scrub with a damp cloth.

Use pure ammonia in your oven for an overnight clean. Place 1/4 C ammonia and water in a non-aluminum shallow dish. Turn oven on warm for 20 minutes. Shut oven off for the night. Open door to ventilate for a few minutes before wiping clean.

DRAIN CLEANER

For slow drains, pour hot water with 1/2 C washing soda down drain. Wait 15 minutes and flush with hot water. For blocked drains, use a plumber's snake followed by drain treatment. As a preventative measure, once a week, grease gutter with 1/2 C baking soda, followed by 1/2 C vinegar and a handful of salt. Another homemade drain opener is: pour 2 C boiling vinegar down drain followed by 1/2 C baking soda. Wait until bubbling stops and flush with 1 gal. boiling water. Safe for septic systems.

DISHES

Dissolve laundry soap flakes in water and keep in a squirt bottle. Add vinegar to dishes to cut grease.

CHROME APPLIANCES
Clean by polishing with a soft cloth and rubbing alcohol or a little ammonia and hot water, or dry baking soda and a dry cloth.

BRASS
Use equal parts of salt, flour and a little vinegar.

COPPER
Use lemon juice and salt, or vinegar and salt.

SILVERWARE
1 qt. water, 1 tbsp. baking soda, 1 tbsp. salt. Let this boil for 3 minutes and polish.

BATHROOM
Tub and tile cleaner: Baking soda and a stiff brush.

GERMICIDES AND DISINFECTANTS
Liberal use of soap and hot water all around the house.

WINDOWS AND GLASS
Wash with soap and water and rinse with vinegar and water.

FURNITURE POLISH
One teaspoon lemon oil into one pint mineral oil.

CARPET CLEANER
Stain removal vinegar and soapy water. To deodorize, sprinkle generous amount of baking soda on carpet before vacuuming.

AIR FRESHENER
Set a dish of hot vinegar and/or baking soda in fridge, garbage can or on counter top.

GARDEN INSECTICIDE
Mist leaves with soapy water.

Be not simply good -
be good for something.

CANDY

Eat at your own risk!

APRICOT GLOBES

1 C dried apricots
1/2 C seeds or nuts
4 tbsp. lemon juice
Grind all ingredients and add enough coconut so mixture will hold together. Shape into balls and roll in additional nuts or seeds.

CANDIED APPLES

Honey
Apples
Shredded coconut, chopped nuts, sesame seeds, or toasted wheat germ
Place honey in saucepan and boil several minutes. (The longer you boil the honey the harder the coating will become.) Remove from heat. Insert a popsicle stick into each apple and dip the apple into the boiled honey and allow excess to drip off. Roll apple in one of the remaining ingredients and place on a greased cookie sheet to cool.

CAROB BALLS

1 C nut butter
1/4 C carob powder
1/4 C mashed banana
2 tsp. vanilla
1 tsp. honey (optional)
1 tsp. cinnamon
Shape in balls and roll in coconut or nuts.

CAROB CANDY

2 C nut butter
2 C oat bran
2 C sunflower seeds
2 C wheat germ
1/2 C honey
3/4 C powdered carob
Mix together and roll in balls and then into fine coconut.

CAROB FLORENTINES

1/4 C butter
1/4 C chopped dates
1/4 C raisins
2 tbsp. sliced almonds
1 C crushed cornflakes
3/4 C carob chips (unsweetened)
Melt butter. Add dates and cook until thickened. Remove from heat and add raisins, almonds and cornflakes. Press into 4" x 8" pan. Melt carob chips and spread over mixture.

CAROB KRISPIE ROLL UP

Base:
1/2 to 3/4 C corn syrup or honey
Cook 1 to 2 minutes. Remove from heat and add:
3/4 C nut butter
2 tbsp. butter or margarine
4 1/2 C rice krispies
Mix until well coated. Press into a greased 10" x 15" jellyroll pan. Spread immediately with carob filling.
Carob Filling:
1 1/2 C barley flour
1/4 C butter or margarine
1/2 C carob powder
1/4 C water
1/4 C honey or maple syrup
Mix until creamy. Spread on rice krispie base and roll up to form into a log. Refrigerate. Slice into 1/2" pieces.
Variation: Instead of carob filling, spread with apple butter, date filling or jam.

Candies don't have to be
sickening sweets.
They can be made up as
good, wholesome treats.
Just natural syrups
or honey will do,
With dried fruits, cereals,
nuts and seeds, too;
More natural foods can be
used in this way
Why not have some wholesome
candy today.

CHRISTMAS PUDDING CANDY

Chop finely:
1 lb dates
1 lb figs
1 lb raisins
1 lb coconut
2 C nuts (your choice)
Cook to a soft ball stage:
1 C honey
1 C tofu milk
1 heaping tbsp. butter
1 tsp. vanilla
Remove from heat and beat until creamy. Beat in fruits and nuts. Form into a roll and wrap in a cloth moistened with apple juice. Wrap in waxed paper or tin foil and place in a cool dark place to ripen for at least 2-3 weeks.

COCONUT BALLS

2 C dates
1 C fine coconut
Grind or chop dates well. Mix with coconut and roll in balls. Roll into sesame seeds, coconut or nuts.
Variation: Substitute figs or raisins for dates. Add carob powder.

CREAM CHEESE BALLS

1 lb cream cheese
3/4 C raisins or chopped dates
1/2 C coconut
1 tbsp. lemon or orange rind
1/2 tsp. allspice
3/4 C chopped almonds, sesame seeds or sunflower seeds
Soften cream cheese. Mix dates with small amount of flour to separate. Mix well all dry ingredients except nuts. Blend in cream cheese. Squeeze everything together in your hands. Shape in 1" balls. Roll in chopped nuts.

DATE CANDY

1 C dates (cut up)
1 C water

DATE CANDY (CONT'D)

Boil till thick. Stir in rice krispies till it will hold together when pressed into balls. Roll into coconut, walnuts or sesame seeds.

Variation: In place of rice krispies you could add shredded coconut, granola, crushed peanuts, sesame or sunflower seeds, wheat germ or whole almonds.

DATE BALLS

2 eggs
1 1/2 C chopped dates or figs
1 tbsp. butter
2 tbsp. honey (optional)
Cook 10 minutes stirring constantly. Add:
2 C rice krispies
1 tsp. vanilla
Roll into balls and then into coconut.

FABULOUS FUDGE

1 C nut butter
1 C honey
1 C unsweetened carob powder (scant)
Put nut butter and honey in saucepan and heat slightly, stirring occasionally until mixture blends easily. Add carob powder and stir well. Put mixture in greased 8" square pan and flatten. Sprinkle with walnuts and press into mixture. Cool and cut into squares.

Variation: Add shredded coconut, dates, nuts, raisins, sesame or sunflower seeds, wheat germ etc. to basic recipe after adding carob.

FROZEN FUDGE

15-18 dates (soaked)
1/2 C carob powder
1 C tahini (sesame butter)
1 ripe banana
Put in blender till smooth. This is a little thin. Add nuts or coconut. Drop on waxed paper or put in 8" square pan and freeze.

Variation: Spread half of the fudge in bottom of pan and sprinkle a layer of very fine coconut on top. Spread with remaining fudge and freeze.

FRUIT LEATHER

A delicious candy substitute for Christmas.
1 C unsweetened applesauce
1 C pureed fruit of your choice - raw, canned or frozen.
Blend together and spread on a nonstick cookie sheet. (not more than 1/2" thick) You can also use plastic wrap on bottom of a regular cookie sheet. Put in low oven (150 F)with door slightly open for approximately 12 hours. When dry, peel off sheet and roll up and slice 1/2" thick. For a colourful variation put two different fruit leather sheets on top of each other before rolling for a pinwheel effect when cut.
For example: pear and plum, peach and strawberry, etc.
An electric dehydrator makes excellent fruit leather.

FRUIT NUGGETS

10 dried pitted apricots
10 pitted prunes
1/2 C chopped walnuts or rolled oats
1 tsp. cinnamon
1-2 tbsp. apple juice
In a blender or food grinder, finely chop the apricots, prunes and walnuts. Stir the cinnamon and apple juice into the apricot mixture. Shape with your hands into 10 balls. Store covered in a cool dry place.

FRUIT ROLL

1 C pitted dates
1 C figs
1 C raisins
1/2 - 1 C almonds or nuts of your choice
1 C unsweetened coconut
1/4 C fruit juice (optional)
Put everything through a grinder except coconut and juice. Add the coconut and juice and mix well. Form into logs of desired size. Chill. Slice 1/4" thick or form into little balls and roll in coconut. To improve taste, let ripen 2 weeks or longer. This can also be used as a cookie.

Variation: Dried apples, papaya spears, pineapple, apricots or other dried fruits of your choice may be substituted. You may omit nuts if not tolerated. You could also roll out dough and sprinkle with coconut Roll up like a jelly roll.

Chill. When ready to serve, cut into 1/2" slices. This can also be used as a filling between graham crackers.

HIDE 'EM CAROB BALLS

1/2 C carob powder
1/3 C honey
1/2 C nut butter
1/2 C sunflower seeds
1/4 C soya flakes or shredded coconut
1/2 C tahini
1/4 C wheat germ
1/2 tsp. vanilla
1/2 tsp. almond flavouring (optional)
Combine all ingredients and roll in balls and then into coconut.

HONEY CEREAL BALLS

Heat: 1/2 C honey
1 C nut butter
Add: 1 C oatmeal
1 C rice krispies
Shape into balls and roll in coconut or crushed cereal.

KRIPSPIE RICE OR OATIO SQUARES

1/2 C tahini, butter or margarine
1/2 C honey
1 tsp. vanilla or almond flavouring
5 C rice krispies, or oatio's (from health food store)
1/4 C nuts
1/4 C sesame seeds
1/4 C unsweetened coconut and raisins (optional)
Melt tahini and honey til rolling boil. Add vanilla or almond flavouring. Pour over cereal and mix well. Use more cereal if necessary. Press into pan. Chill before cutting.
Variation: Use puffed wheat, rice or millet instead of rice krispies.
Add carob to sauce for light and dark variety.
Use 2/3 C dates for sweetener instead of honey. Cook dates til soft in water first then proceed the same way with rest of recipe. They are not quite as crisp this way, but still very good.

Choice is the chance to do better.

MAPLE NUTS

1/2 C maple syrup
1 tbsp. cinnamon (optional)
1 tbsp. butter or margarine
1 1/2 tsp. vanilla
4 C walnuts or almonds
Combine first 3 ingredients and cook until mixture becomes brown and starts to thicken. Add vanilla. Add nuts and toss until coated. Cool on waxed paper. Eat as candy or serve on cake, ice cream, fruit etc.

MARSHMALLOWS

2 tbsp. gelatin
5 tbsp. cold water
3/4 C boiling water
1/2 C honey
1/2 tsp. vanilla or other flavouring
Soak gelatine in cold water in your beater bowl. Add remaining ingredients. Pour boiling water over all, and beat until mixture holds a soft peak. Pour into an 8" x 8" pan that has been rinsed in cold water and is still wet. When cool, cut and roll into nuts, coconut or cracker crumbs. This cannot be remelted. You can use it in desserts, squares etc. before it sets the first time.

NUT TREATS

Mix together:
2 C nuts coarsely chopped
1 C dried currants
4 rice cakes (crumbled)
1 C sunflower seeds
1 C oat bran
Melt together:
3 C carob chips (unsweetened and milk free)
1/2 C tofu milk powder
1 1/2 tbsp. oil
2 tbsp. barley malt
Combine the two mixtures and press into 9" square pan and chill before cutting into squares.

A creative mess, is better than
idol tidiness.

PEANUT BUTTER BALLS

1/2 C peanut or almond butter
1 tsp. vanilla
2/3 C unsweetened coconut
1/2 C nuts (put through food grinder)
1 C raisins, dates or other sweet dried fruit
Mix and form into balls. Roll in coconut or sesame seeds.
Variation: May be sweetened with 1/3 C honey and increase nut butter by 1/2 C and coconut by 1/3 C and omit raisins.

PEANUT BUTTER CHEWS

Bring to boil:
1/4 C honey
1/2 C peanut butter
1/2 tbsp. butter
Remove from heat and add 3 C sugar-free corn flakes (from health food store). Drop by spoonful onto a buttered pan. Cool.
Variation: Substitute rice krispies or oatios for corn flakes.

PUFFED RICE CANDY

1/2 C corn syrup or honey
1/2 C molasses
2 tbsp. lemon juice
Cook to a hard boil stage. 260 F.
Remove from heat and add:
2 1/2 C puffed rice
2 1/2 C rice krispies
1/2 C puffed millet
Press into pans. Cool and cut.

QUICK OATMEAL TREATS

1 tbsp. almond butter
1 tbsp. honey
1 tbsp. apple butter
2 tbsp. margarine
Mix and add 2 C fine oatmeal. Add 1 tbsp. barley flour. Let stand for a few minutes and then shape into balls.

Children are like wet cement-
whatever falls on them makes an impression.

RAISIN NUT CLUSTERS

1/4 c molasses
1 tsp. cider vinegar or lemon juice
3 tbsp. butter or margarine
2 C nuts
1 C raisins
Combine first 3 ingredients. Cook until mixture reaches 260 F or the hard ball stage. Remove from heat and add remaining ingredients. Stir well and drop from teaspoon onto waxed paper.

RICE KRISPIE SQUARES

1/2 C butter or nut butter
1/2 C honey
8 C rice krispies or other cereal
1 tsp. vanilla
Boil butter and honey to soft ball stage. Remove from heat and add vanilla. Pour over rice krispies and mix. Spread into pan. Press down with buttered hands. Cut in squares when cool.

RICKETY UNCLES (UNBAKED)

1/2 C honey
1 tsp. vanilla
Boil 1-2 minutes. Remove from heat.
Add:
1 C nut butter
4 C corn flakes (or more)
Mix well and drop on waxed paper. Can be used as cookie or candy.

SNACKER JACKS OR POPCORN BALLS

2 qt popped popcorn
1 1/2 C nuts
3/4 C honey
1/2 tsp. cinnamon (optional)
1/4 tsp. nutmeg (optional)
Mix popped corn and nuts. Bring honey to a boil and simmer 10 minutes. Add spices. Pour over popcorn mixture and toss until coated. Store in an air tight container. For a more crunchy snack, bake the coated mixture for 1 hour at 250.

Variation: 1 - For caramel popcorn, add 1/2 tsp. soda to honey mixture after removing from heat.
2 - For popcorn balls, add raisins, coconut, nuts or carob to popcorn mixture. Proceed the same as above recipe only form coated mixture into balls. Butter your hands to keep popcorn mixture from sticking to your fingers.

SNOWBALLS

1 C peanut butter or almond butter
1 tbsp. to 1/4 C honey
1/2 C milk powder or barley flour
1 C rice krispies
3 tbsp. soft margarine
1/2 C each of raisins and sesame seeds (or 1 C extra rice krispies)

Mix ingredients and form into balls. Dip into melted carob chips then coat with coconut.

Variation: Carob dip may be omitted and balls rolled into coconut.

SUNSHINE TEAR DROPS

1/2 C sesame seeds
1/2 C sunflower seeds
1/2 C almond butter
1/4 C honey
1/2 C coconut
1/4 C carob powder

Mix well. Roll in balls and roll in coconut. Let sit to chill. Serve as candies or decorate Christmas cookie plate with them. Easy to make. Very delicious! They can be put in jars and kept in fridge or freezer.

TOFFEE

1/4 C chopped nuts
1/2 C butter
1/2 C honey

Butter 8" square pan. Sprinkle nuts in pan. Melt butter, gradually add honey. Cook 5-7 minutes or until honey is golden brown. Pour over nuts in pan and allow to cool before marking candy into 1" squares with a knife. When completely cool, break into pieces.

YOU MUST BE A MOTHER IF...

- You have to peel a dozen apples to make a single pie.
- The inside of your windows are dirtier than the outside.
- You tie your own shoe laces in double knots.
- It takes less time to shell the peas than to clean up afterward.
- You refuse to serve your guests dessert until they have cleaned their plates.
- You finally find out how many people can fit into a rocking chair.

  You can read a favourite bedtime story without the inconvenience of keeping your eyes open.
- There are always fresh flowers on your table - dandelion, Queen Anne's lace, chicory, onion bloom...
- You learn to divide your tasks into two groups - those that can be done with a baby on your hip and those for which you must put the baby in a back pack.
- You automatically double or triple every recipe.
- Instead of giving your children vitamins B1 and B12 you use B-have and B-quiet.
- People keep telling you that these are the best years of your life - and you really do know that in your heart.

THE ROAD NOT TAKEN

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I-
I took the one less travelled by,
And that has made all the difference.

Robert Frost

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